

A
Choice Manuall,
OR
RARE and SELECT
SECRETS
IN
PHYSICK
AND
CHYRURGERY:

Collected, and practised
by the Right Honourable, the
Countesse of Kent, late
deceased.

Whereto are added several
Experiments of the Virtues
of Gascon powder, and *Lapis con-
stra Yervum*, by a Professor
of Physick.

As also most Exquisite waies
of Preserving, Conserving,
Cancying &c.

The Twelveth Edition.

LONDON,

Printed, by Gartrude Dawson, and
are to be sold by William Shears
at the Sign of the New Bible
in Bedford Street in Covent
Garden. 2639.



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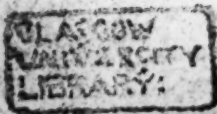
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Mr Bedlam's Receipt
So Cause Speedy Delivery



Shuckers



To
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To the Vertuous and most
Noble Lady, Latitia Popham,
Wife of the Honoura-
ble and truely Valiant
Colonel Alexander
Popham.

Thrice Noble and truely
Vertuous Lady.

AFTER mature deliberation,
what to tender unto your ac-
ceptance worthy your Paro-
nage, nothing occurred more probable,
than this small Manual; which was
once esteemed a rich Cabinet of know-
ledge, by a person truely Honourable.
May it auspiciously procure but your
Honours like friendly Estimation, and
then I doubt not, but it will find a uni-
versal acceptance amongst persons of
greatest Eminency. Sure I am, it
may be justly deemed as a rich Maga-
zene of experience, having long since

The Epistle Dedicatory.

taught the world its approved excellency, yea, even in many dangerous exigencies. All I humbly crave for the present is, my boldness may be favourably excused, since 'twas my lawfull ambition, thereby to avoid ingratitude, for the many singular favours I have already received from your endeared truly Honourable Husband, my alwayes true noble friend, and most happy Country-man. God multiply his blessings upon all your noble Family, and make you no less honourable here on Earth, than eternally happy hereafter: which shall be the dayly prayer of him, whose highest Emulation is,

In all due ways

abundantly to Ho-

nour and Serve you.

W. J.

TO

TO THE READER.

Courteous Reader.

Will remembring that we are all born for the weal publike good : I here tender to thy perusal this small, and yet most Excellent Treatise, Entituled, *A Choice Manual of Rare and Select Secrets in Physick* : If thereby thou suck abundance of Profit, I shall be superlatively glad, but if any, or perchance many unlooked for mistakes, for want of a due application, bid thee entertain contrary thoughts, the effect not answering thy curious expectation, upon a more serious reflex, know, that nothing is absolutely perfect, and withal, that the richest and most soveraign Antidote may be often misapplied: wherefore the fault not being mine, excuse and cease to censure : For which just, and but reasonable favour, thou shalt deservedly oblige me,

Thine, W.F.



A Table of the Contents.

A

F or an Ague	27 64. 137. 146
For an Ach	28. 39. 56. 61.
	120. 127
Aqua Composita	114. 126. 137
For an Ach in the back	129
For a tertian Ague	155
For the stinging of an Adder	156
Mr Ashleys Ointment	152
For an Ach in the joynt	164
The vertue of Aqua Bezoar	191
Sp. of Confection of Alkermes its	
Vertues	196
Extract of Ambergreice	ibid.

B

For a Bruise	10. 30. 56. 77. 95
	104. 110
For restoring Breath	110
A strengthening meat for the same	19
	A Cor-

The Contents.

A Cordial for a Breakfast	21
For the griping of the Belly	22
To clear the Bloud	32
For burning of the Back	33
For weaknesse of the Back	34, 103
	19, 103
For a sore Breast	38
For a stinking Breach	39
For one that pisseth bloud	48
For the bone-ach	72, 148
For a burning by lightning	83
To stanch bloud	85
For the Black Faundice	89
For burning with Gunpowder	106
A Plaister for the Back	115
To make Balm water	146
For an inward bruising	150
For a blast	163
Balsamum C	169
For a Consumption and Cough of the Lungs	1, 20, 10, 153, 178
To make a Jelly and Glasse for the Cough.	14
For an extream Cough and Cold	15
	34, 178
China broth for a Consumption	17
A 5	Ang-

The Contents.

Another broth for a Consumption,	25
For Corns	51
For a Canker	52, 103, 118, 153
For pain after Child-brith	68
For swollen Cods	ib.
For the Collick	81
For all manner of Cuts	86
For a dead Child in a woman	91
To deliver a Child in danger	133
	157
To cool Choler	136
For the Chollick passion	137
For Children that are troubled with an extream Cough	148
For a Cold	168
Powder of Crabs-Clawes	186
The vertues of a root called Contra Yarva	188, 189, 190
Vertues of spirit of Clary	191
Vertues of spirit of Comfrey	196

D

For the Dropsie	31
For the biting of a mad Dog	63
	72, 156
Vertue of sp. of Diasuyrion	194
	E For

TheContents.

E

25	For all Infirmites and diseases of the	
51	Eyes	30, 33, 49, 50, 109, 149
53	For pin, and web, and redness in the	
68	Eye	36, 75, 147, 148
ib.	For the Emcroids	91, 128, 152
81	For Rheum at the Eyes	127 131
86	For sore Eyes	172 174, 175
91	Severall Experiments made of the	
32	Countess of Kents Powder	198
57		
136		

F

137	For a faintness	3
with	For Flegm	11
148	To know whether he that hath the	
168	Flux shall live or die	47
186	For the Falling sickness	56, 172
contra	For the blondy Flux	56, 138, 173
190	To kill a Felon	64
191	To break a Felon	65, 122, 129
196	Oil of Foxes its Vertues	104
	Jelly of Frogs	177
	For a red Face	182

G

31	For the Gout	43, 91, 92
63	For the Green sickness	84
156	Gascons Powder	183
194		
E For	Gascons	

The Contents.

Gascons Powder by the Apothecaries

H 184

To make Horse-Radish drink 7

To take away Hoarseness 13

To take away Head-Ach ib.

A Cordial for the Heart 16, 17

For coldness in the head 34

For the Hearing. 44, 91, 122

For the breaking out of Childrens

Heads 55

For the swelling of the Head with a

fall 69

For a new Hurt. 72

To cleanse the Head 74

For singing in the Head 97

For a Heat, burning or scalding 125

Oyl of Hypericon 170

For a scald Head. 173

For heats of the soles of the feet 183

I

For the Itch 109. 174

Oil of St Johns Wort 80

For a strain in the Joints 161

K

For Kibes 16. 173

The Countesss of Kents Powder 186

L For

The Contents.

L

84	For the Liver	11. 111
7	For a Lask	69, 95, 112, 119
13	Against grief of the Lungs	73
ib.	To cause easie labour	77
17	To keep ones body loose	181

M

34	Against Melancholy	48. 111
122	Aqua Mirabills with the Virtues	4. 5
rens	To prevent miscarrying	26
55	For the Mother	119, 153
h a	The Virtues of Aqua Maria	192
69	The virtues of spirit of Mints	93
72	The Composition of Oleum Magi	
74	Rale	204
97		

P

125	For the Plague	9, 90, 107, 108,
170		139, 154, 155, 175, 180
173	For the Plurisie	26, 72
183	For the dead Palsie	38, 102
174	A good Purge	59
80	For a pricking with a Nail or Thorne	
161		96, 107, 117
	To make the leaden Plaisier	105
173	The virtue of the Plaisier	106
186	For the Ptsick.	121
For		For

The Contents.

For pricking and burning in the soles of the feet	125
For a Pust	130
The best Paracelsus Salve	157
An excellent Plague water	166
A defensive Plaister against the Plague	167

R

Running of the Reins	35, 68, 82, 125, 168
Pectoral Rowles	37
For the Reins of the back	61
For Rheum in the head	95
For one that hath a Rupture	99, 100 117
Vertues of floures of Rosemary	192
Vertues of Sp. of Roses	194

S

For Stone in the Kidneys	2, 6, 75
For a Stitch	10, 62, 99
For Scabs	10
For the Scurvie	31
To strengthen the Stomack	33, 130
For Sun burnt	35
For a Swelling	39, 51, 52, 53 71 73, 115
For	

The Contents.

foles	For spitting of blood	46, 71
125	Against Surfeiting	49, 60, 111, 175
130	For Sinews that are shrunk	63
57	Dr. Stevens Water	65, 146
66	To cause one to sleep	71, 103, 119
the		122
67	For pain in the Stomack	76
	A Cordial for the Sea	78
32,	For the Stone	81, 94, 111, 134, 135
68	For an old Sore	81, 99, 90, 93, 101
37		119, 120, 145
61	To make Oil of Sage	87
95	For a Scald	97, 112, 112
00	To make Oil of swollaxes	116
17	A Water for the Sight	121
92	For the stiffness of Sinews	138
94	For the Spleen	151
75	Vertues of Spirius of Saffron	193
99	Vertues of Sp. of Strawberries	195

T

31	For stopping in the Throat	11
30	To distill Triacle Water	12
5	For a Tetter	59, 97, 180
71	To keep Teeth clean	86
5	To cure the Garget in the Throat	90
or		To

The Contents.

To quench thirst	120
For the Tooth-ach	88, 170
To fasten the Teeth.	ib.
To make one taste their Meats	179
The Virtues of Aqua Theriacalis	193

V

How to stay Vomiting.	33
How to stop the bleeding of a Vein	47
For a Vein ill-smitten	48
For Ulcers	55
Flos Unguentorum	57
Against biting of Venemous beasts	70
Against falling of the Uvula	182

W

A Cordial for Wind in the Stomack	19, 146, 156
Restoratives for the same	16, 17
	18, 41
For a green Wound	27, 54, 69,
	70, 83, 108, 124, 133
For one that is weak	39, 42, 99
To stanch bleeding of a Wound	46
	96, 168
For a Woman travelling with Child	48, 79
For	

The Contents.

120	For a Wen.	4
170	For cankered Wounds.	61
ib.	Dr. Willoughbles Water.	66
179	To draw an Arrow head, or any Iron	
calis	out of a Wound	68
193	For a Woman that hath her flowers too	
	much,	91
33	To cause a Woman to have her sick-	
47	nesse.	94
48	To kill Worms	94. 153
55	For the Wind Collick.	101
57	For one that cannot make Water.	114
70		181.
182	To take away Warts.	121
	Y	
mack	Yellow Iauundice.	37.

156
 6, 17
 8, 41
 1, 69,
 133
 2, 99
 46
 168
 Child
 8, 79
 For

A

To Cous Spudy Dillivrye


Take mugwort water 3 ounces
troches of mirth powdered half a dram
Confection of Alkarnus a dram
Syrup of mugwort an ounce mixe it
and take it at a draught



A
Choice Manual,
OR
RARE and SELECT
SECRETS
IN
PHYSICK,

By the right Honourable
the Countesse of KENT.

*A very good medicine for a Consump-
tion and Cough of the Lungs.*

AKE a pound of the best Ho-
ney as you can get, and dis-
solve it in a Pipkin, then take
it off the fire, and put in two penni-
worth of flower of brimstone, and

two

2. *A Choice Manual*, or,
two penniworth of powder of Ele-
campane, and two penniworth of the
flower of Liquorice, and two penni-
worth of red Rose water, and so stir
them together, till they be all com-
pounded together, and put it in-
to a gally pot, and when you use it,
take a Liquorice stick beaten at one
end, and take up with it as much al-
most as half a Wallnut, at night
when you go to bed, & in the morn-
ing fasting, or at any time in the
night when you are troubled with
the Cough, and so let it melt down
in your mouth by degrees,

*Sir John Digbies Medicine for the
Stone in the Kidneys.*

Take a pound of the finest Ho-
ney, and take seven quarts of Con-
duit water, set them on the fire, and
when it is ready to seeth, scum it,
and still as the froth doth rise, scum it
and put in twenty whole Cloves, and
let them seeth softly for the space
of half an hour, and so bottle it up
for your use, and drink it morning
and

Rare Secrets in Physick. 3

and evenings and at your meat, and use no other drink until you are well.

A Medicine for the falling sicknesse.

Take a penny weight of the powder of gold, six penny weight of Pearl, six penny weight of Amber, six penny weight of Corral, eight grains of Bezar, half an ounce of Piony seeds: also you must put some powder of a dead mans scull that hath been an Anatomy for a woman, and the powder of a woman for a man, compound all these together; and take as much of the powder of all these as will lie upon a two-pence for nine mornings together in Endive water and drink a good draught of Endive water after it.

For Cordials and Restoratives use these things following.

In any faintnesse take three drops of oil of Cinnamon, mixed with a spoonfull of Strup of Gilliflowers, and as much Cinnamon water, drink this for a Cordial.

Against

4 *A Choice Manual, or,
Against Melancholly.*

Take one spoonful of Gilliflow-
ers, the weight of seven barley corns
of Bever stone, bruise it as fine as
flower, and so put it into two spoon-
fuls of Sirrups of Gilliflowers, and
take it four hours after supper, or
else four hours after dinner, this
will cheer the heart,

If you be sick after meat use this.

Take of the best green Ginger is
preserved in Sirrup, shred it in small
pieces, put it into a gally pot, & put
Cinamon water to it, then after
dinner or supper eat the quantity of
two nutmegs upon a knifes point.

Aqua Mirabilis.

Take three pints of white Wine
one pint of *Aqua vita*, one pint of
juice of Celendine, one drachm of
Cardamom, a drachm of Mellilot
flowers, Cubebs a drachm, of Ga-
lingal, Nutmeg, Mace, Ginger, and
Cloves, of each a drachm, mingle all
these together over night, the next
morning set them a stilling in a glass
Limbeck,

The

Rare Secrets in Physick. 5

The Vertues.

This water dissolveth swelling of the Lungs, and being perished doth help and comfort them, it suffereth not the bloud to putrefie, he shall not need to be let bloud that useth this water, it suffereth not the heart-burning, nor Melancholly or Flegm to have dominion, it expelleth urine and profiteth the Stomack, it preserveth a good colour, the visage, memory and youth, it destroyeth the Palsie.

Take some three spoonfuls of it once or twice a week, or oftner, morning and evening, first and last.

Another way to make Aqua Mirabilis.

Take Galingal, Cloves, Quilbs, Ginger, Mellilip, Cardamomie, Mace, Nurmegs, of each a drachm, and of the juice of Celendine half a pint, adding the juice of Mints and Balm, of each half a pint more, and mingle all the said splees being beaten into a powder, with the juice, with

6 *A Choice Manual*, or,
with a pint of good *Aqua vite*, and
three pints of good white Wine, and
put all these together into a pot, and
let it stand all night being close
stoppt, and in the morning still it with
a soft fire as can be, the still being
close pasted, and a cold still.

*A Medicine for the Stone in the
Kidneys.*

Take a good handfull of Pellit-
ry of the wal, a handfull of Mead-
Parsley, Saxifrage, a handfull of
wild Thyme, a handfull of garden
Parsley, three spoonfulls of Fennell
seeds, six Horse Raddish roots sliced,
then shred all these together, put them
in a gallon of new Milk, and let them
stand and steep in a close pot one
whole night, and then still them milk
and all together, this must be done in
May or June, for then hearbs are in
their best state, and when it is taken
you must put two or three spoonfulls
of this water, as much white Wine as
Renish,

Rare Secrets in Physick. 7

Renish, and if you please a little sugar, and so take it two daies before the change, and two daies after, and two daies before the full, and two daies after, continuing taking the same all the year, and the patient undoubtredly shall find great ease, and void many stones, and much gravel, with little pain.

To make Horse-Raddish drink.

Take half a pound of Horse-Raddish, then wash and scrape them very clean, and slice them very thin cross waies on the root, then put them into six quarts of small Ale, such as is ready for drinking, which being put into a pipkin close covered set on the embers, keeping it little more then blood-warm for twelve hours, then take it off the fire, and let it stand to cool untill the next morning, then pour the clear liquor into bottles, and keep it for your use, drinking a good draught thereof in the morning, fasting two hours after, and the like quantty at four in the afternoon,

8 *A Cholge Manual, or,*

noon, this drink is excellent good
against winds, as also for the scour-
ing and dropsie being taken in time.

*An excellent Sirrup against Melan-
cholly.*

Take four quarts of the juyce of
Pearmaines, and twice as much of
the juyce of Bugloss, and Borrage
if they be to be gotten, a drachm of
the best English Saffron, bruise it
and put it into the juyce, then take
two drachms of *Kermes* smal beaten
to powder, mix it also with the juyce
so being mixt, put them into an
earthen vessel, covered or stop
forty eight hours, then strain it
and allow a pound of sugar to every
quart of juyce, and so boil it to the
ordinary helght of a sirrup, after it
is boiled, take one drachm of the spi-
ces of *Diember*, and two drachms
of the spices of *Diamargartion frigi-
dum*, and so sew the same slenderly
in a linnen bag, that you may put
the same easily into the bottle of sir-
rup.

Rare Secrets in Physick, 9

rupe, and so let it hang with a thread out at the mouth of the bottle; the spices must be put into the sirrup in the bag, so soon as the sirrupe is off the fire, whilst it is hot, then afterwards put it into the bottle, and there let it hang: put but a spoonful or two of Honey amongst it whilst it is boiling, and it will make the scum rise, and the sirrup very clear.

You must add to it the quantity of a quarter of a pint of the juyce of Balm.

An excellent Receipt for the Plague.

Take one pound of green Walnurs, half an ounce of Saffron, and half an ounce of London Triacle, beaten together in a mortar, and with a little *Carduus*, or some such water, vapour it over the fire, till it come to an Electuary: keep this in a pot, and take as much as a Walnut, it is good to cure a Fever, Plague, and any infection.

10 *A Choice Manual, or,
An excellent Cordiall.*

Take the floures of Marigolds, and lay them in small spirit of wine when the rincture is fully taken out, pour it off from the flowers, and vapour it away till it come to a consistence as thick as an Electuary.

For a bruise or Sitch under the Ribs.

Take five or six handful of Cabbage, stamp it, and strain it, after it is boiled in a quart of fair water then sweeten it with Sugar, and drink it off in a wine glasse in the morning, & at four in the afternoon for five or six daies together, then take a Cabbage leat, and between two dishes stew it, being wet first in Canary wine, and that lay hot to your side evening and morning.

An excellent Receipt for an Itch, or any foul Scabs.

Take Fox-gloves, and boil a handful of them in posset drink, and drink

Rare Secrets in Physick. II

drink of it a draught at night, and in the morning, then boil a good quantity of the Fox-gloves in fair running water, and annoint the places that are sore with the water.

A Receipt good for the Liver.

Take Turpentine, slice it thin, and lay it on a silver or Purflane Plate, twice or thrice in the Oven with the bread till it be dry, and so make it into powder, every day take as much as will lye on a sixpence in an Egg.

For Flegm, and stopping in the throat and stomach. D. T.

Take oil of almond, Linseed oil, buds of Orange floures, boil all these in milk, and annoint the stomach well with it, and lay a scarlet cloth next to it.

For an extreame cold and a cough.

Take of Hysop water six ounces, of red Poppy water four ounces, six Dates, ten Figs, and slice them small, a handful of Raisins of the Sun, the weight of a shilling of the

B 3

pouder

12 *A Choice Manual, or,*

Pouder of Liquorice, put these into the aforesaid waters, and let them stand five or six hours upon warm embers, close covered, and not boil, then strain forth the water, and put into it as much Sugar of Roses as will sweeten it, drink of this in the morning, and at four of the clock in the afternoon, and when you go to bed.

To distill Triacle-Water.

Take one ounce of Harts-horn shaved, and boil it in three pints of *Carduus* water til it come to a quart, then take the roots of Elecampane, Centian, Cipresse, Turmentil and of Citron rinds, of each one ounce, Borage, Buglosse, Rosemary flowers of each two ounces, then take a pound of the best old Triacle, and dissolve it in six pints of white wine, and three pints of Rose-water, so infuse all together, and distill it.

It is good to restore spirits, and speech, and good against swooning, faint-

Rare Secrets in Pphysick. 13

faintness, agues, and wormes, and the small pox.

Triacle-water.

Take three ounces of *Venice Triacle*, and mingle it in a quart of spirits of wine, set it in horse-dung four or five dayes, then still it in ashes or Sand twice over, after take the bottom which is left in the Still, and put to it a pint of spirit of wine, and set it in the dung till the tincture be clean out of it, and strain the clear tincture out of it, and let it on the fire, till it become to be a thick consistence, it must be kept with a soft fire. And so the like with Saffron.

To take away Hoarsness.

Take a Turnip, cut a hole in the top of it, and fill it up with brown Sugar-candy, and so roast it in the embers, and eat it with Butter.

To take away the Head-ach.

Take the best Sallade oil, and the glasse half full with tops of Poppy flowers which groweth in the Corn,

14 *A Choice Manual, or,*

set this in the Sun a fortnight, and so keep it all the year, and annoint the temples of your head with it.

For a Cough.

Take Sallade oil, *Aqua vita*, and Sack, of each an equal quantity, beat them all together, and before the fire rub the soles of your feet with it.

To make Jelly of Harts-horn.

Take a quart of running water, and three ounces of Harts-horne scraped very fine, then put it into a stone Jug, and set the Jug in a kettle of water over the fire, and let it boil two or three hours untill it jelly, then put it into three or four spoonfuls of Rose-water, or white Wine, then strain it: you may put into it Musk, or Ambergriee, and season it as you please.

To make a Glister.

Take half a quart of new Milk, or three quarters, set it on the fire, and make it scalding hot, then take it off, and

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Musk,
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it off,
and

Rare Secrets in Physick. 15

and put Into it the yolk of a new laid
Egg beaten, two ounces of brown
Sugar-candy, or black Sugar, give it
to the party blood-warm.

Another.

Take the bone of a neck of Mut-
ton, or Veal, clean washed, set it on
the fire to boil in three pints of fair
water, and when it is clean scummed
then put in the roots of Fennel and
Parfly clean washed and scraped, of
either of them, the roots bruised, a
handful, of Cammomill, and Mal-
lowes a handful, let all these boil to-
gether till half be wasted, then strain
it, take three quarters of a pint of
this broth, brown Sugar-candy two
ounces, of oil of Flax seed two
ounces, mingle all these together,
and take it for a glister, blood-warm,
when it is in your body keep it half
an hour, or three quarters of an
hour, or an hour if you can.

16 *A Choice Mannal, or
A comfortable Cordial to chear
the Heart.*

Take one ounce of conserve of
Gilliflowers, four grains of the best
Musk bruised as fine as flower, then
put it into a little tin pot, and keep it
till you have need to make this Cor-
dial following; *Viz*, Take the quan-
tity of one Nutmeg out of your tin
pot, put to it one spoonful of Cin-
namon-water, and one spoonful of
the sirrupe of Gilliflowers, Amber-
griee, mix all these together, and
drink them in the morning fasting
three or four houres, this is most
comfortable.

*A Cordial for wind in the Stomack,
or any Part.*

Take six or eight spoonfulls of
Penniroyal-water, put into it four
drops of oil of Cinnamon, so drink
it any time of the day, so you fast
two hours after.

Restoratives.

Take a well fleshy Capon from
the

Rare Secrets in Physick. 17

the barn door, and pluck out his Entrails, then wash it within with a little white Wine, then flea off all the skin, and take out his bones, & take the flesh, onely cut it in little pieces, and put it into a little stone bottle, and put to it one ounce of white Sugar candy, six Dates slic, with the stones & piths taken out, one large Mace, then stop the bottle up fast, and set it in a Chafer of water, and let it boil three hours, then take it out, and pour the juyce from the meat, and put to it one spoonful of red Rose-water, and take the better part for your break fast four hours before dinner, and the other part at three a clock in the afternoon, being bloud-warm.

Another Restorative.

Take half a pint of Claret wine, and half a pint of Ale, and make a Caudle with a new laid Egg, put in half a Nutmeg cut into two pieces, then take it off the fire, and put in seven grains of Ambergriee, drink this

18 *A Choice Manual, or,* Ra
this for two breakfasts, for it will bre
encrease blood and strength. son
po

Another Restorative.

Take two new laid Eggs, and take
the whites clean from them, and put
the yolks both in one shell, then put
In two Spoonfuls of Claret wine, se-
ven grains of Ambergriee small
bruised, and a little Sugar-candy,
stir all these together, & make them
bloud-warm, and sup them up for a
breakfast three or four hours be-
fore dinner.

Another Restorative.

Take a young leg of Mutton, cut
off the skin and the fat, take the flesh
being cut into small pieces, and put
it into a stone bottle, then put to
It two ounces of Raisins of the Sun
stoned, a large Mace, an ounce and
half of Sugar-candy, and stop the
bottle very close, and let it boil in a
Chafin three hours, and so put the
juyce from the meat. and keep it in
a clean glasse, it will serve for three
break.

for it will
h.
breakfasts, or if he will he may take
some at three a clock in the after-
noon being made warm.

A restoring Broth.

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eak.
Take two ounces of Chene-roots,
first slit very thin, then put it in a
new Pipkin with five pints of run-
ning water, being close covered, and
so set it upon embers all night long,
where it may be very hot, but not
seeth, then put to that water a great
Cock Chicken, and when it is clean
scummed, put into it two spoonfuls
of French Barly, six Dates slit, with
the piths and Stones taken out, two
ounces of Raisins of the Sun ston'd
a large Mace, let all these boil to-
gether, till half be consumed, then take
out the Cock, and beat the flesh of it
in a clean Morter, and a little of the
broth, then strain it all together
throughout a hair Cullender, then
put in two spoonfuls of red Rose-
water, and sweeten it with white Su-
gar-candy, drink of this broth, being
made

made warm, half a pint in the morning early fasting, and sleep after it: if you can, drink a good draught at three of the clock in the afternoon, this broth is very good for a Consumption, and the longer they take it, it is the better.

A strengthening Meat.

Take Potato roots, roast them or bake them, then pill them, and slice them into a dish, put to it lumps of raw Marrow, and a few Currans, a little whole Mace, and sweeten it with Sugar to your taste, and so eat it instead of buttered Parsnips.

Broth for a consumption.

Take three Marrow bones, break them in pieces, and boil them in a gallon of water till half be consumed, then strain the liquor through a Cullender, & let it stand while it be cold, then take off all the fat clean and put the broth into a pipkin, and put to it a good Cock-Chicken, and

a knuckle of Veal, then put into it the bottom of a white loat, a whole Mace, two ounces of Raisins of the Sun stoned, six Dates slit, let all these boil together till half be consumed, then strain it, instead of Almonds take a few Pistaries kernils, & beat them, and strain with your broth as you do Almond Milk, and so sweeten it with white Sugar, and drink half a pint early in the morning, and at three a clock in the afternoon, and so continue a good while together, or else it would do you no good.

Another Cordial.

Take a preserved Nutmeg, cut it in four quarters, eat a quarter at a breakfast, and another in the afternoon, this is good for the head and stomach.

A Cordial for a Breakfast fasting.

Eat a good piece of a Pomegranon preserved, as big as your two fingers in length and bredth, and so at three of the clock in the afternoon.

22 *A Choice Manual, or,
A rectoring Breakfast.*

Take the brawn of a Capon, or Pullet, twelve Jordan Almonds blanch'd beat them together, and strain out the juyce with a draught of strong broth, and take it for a breakfast, or to bedward.

*A Medicine for any griping of the
Belly.*

Take a pint of Claret wine, put to it a spoonful of Parsly seed, and a spoonful of sweet Fennel seed, half a dozen cloves, a branch of Rosemary, a wild Mallow root clean wash'd and scrap'd, and the pith taken out, with a good piece of Sugar, set this on the fire, and burn the Claret very well with all these things in it, then drink a good draught of it in the morning fasting, and at three a clock in the afternoon.

To keep the body Lapintine.

Take half a pint of running water, put it in a new Pipkin with a
cover,

cover, then put into the water two ounces of Manna, and when it is dissolved, strain it, and put to it four ounces of Damask Prunes, eight Cloves, a branch of Rosemary, let all these stew together while they be very tender, then eat a dozen of them with a little of the liquor an hour before dinner or supper, then take a draught of broth and dine.

To make the China Broth for a Consumption.

Take *China* root thin sliced two ounces, steep it twenty four hours in eight pints of fair water, letting it stand warm all the time, being close covered in an earthen Pipkin, or Iron pot, then put to it a good Cockrel, or two Chickens clean dressed, and scum it well, then put in five-leaved Grass two handfuls, Maiden-hair, Harts-tongue, of either half a handful, twenty Dates sliced, two or three Mace, and the bottome of a Manchet, let all these
 stew

A Choice Manual, or,
w together, untill not above one
part remains, then strain it, and
take all the flesh, and sweet bones,
beat them in a stone Morter, and
strain out all the juyce with the
broth, then sweeten it with two oun-
ces of white Sugar-candy in powder,
and take thereof half a pint at once,
early in the morning warm, and
sleep after it if you can, and two
hours before supper at your plea-
sure, when you steep the root, slice
two drachms of white Sanders, and
as much red Sanders, and let them
boil in the broth.

A gentle Purge.

Take an ounce of Damask Ro-
ses, eat it all at one time, fast three
quarters of an hour after, then take a
draught of Broth and dine.

Another Purge.

Take the weight of four or five
pence of Rubarb, cut it in little ple-
ces, and take a spoonful or two of
good Currans wash very clean, so
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Rare Secrets in Physick. 25

mingle them together, and so eat them, fast an hour after, and begin that meal with broth, you may take it an hour before if you will.

Broth for a Consumption.

Take a course Pullet, and sow up the belly, and an ounce of the conserves of red Roses, of the conserves of Borage and Buglosse floures, of each of them half an ounce, Pine Apple kernels, and Pistaties of each half an ounce bruised in a Morter, two drachms of Amber pouder, all mixed together and put in the belly, then boil it in three quarts of water, with Egrimony, Endive and Succory, of each one handful, Sparrow-grass roots, Fennel roots, Capet roots, and one handful of Raisins of the Sun stoned, when it is almost boyled, take out the Pullet, and beat it in a stone Morter, then put it into the liquor again, and give it three or four walmes more, then strain it, and put to a little red Rose-water, and

26 *A Choice Manual*, or,
and half a pint of white Wine, and
so drink it in a morning, and sleep
after it.

To prevent miscarriage.

Take *Venice Turpentine*, spread
it on black brown paper, the breadth
and length of a hand, lay it to the
small of her back, then give her to
drink a caudle made of Muscadine,
and put into it the husks of twenty
three sweet Almonds dried, and
finely powdered.

*For Boiles, or Kibes, or to draw a
Sore.*

Take strong Ale, and boil it from
a pint to four spoonfuls, and so keep
it, it will be an Ointment.

To make Cammomil Oil.

Shred a pound of Cammomil, and
knead it into a pound of sweet But-
ter, melt it, and strain it.

A Receipt for the Plurisie.

Take three round Balls of Horse-
dung, boil them in a pint of white
Wine till half be consumed, then
strain

Rare Secrets in Physick. 27

Strain it out, and sweeten it with a little Sugar, and let the Patient go to bed and drink this, then lay him warm.

For an Ague.

Take a pint of Milk and let it on the fire, and when it boiles put in a pint of Ale, then take off the curd and put in nine heads of *Carduus*, let it boil till half be wasted, then to every quarter of a pint put a good spoonful of Wheat flower, and a quarter of a spoonful of grosse Pepper, & an hour before the fit, let the Patient drink a quarter of a pint, and be sure to lye in a sweat before the fit.

An excellent Balm for a green Wound

Take two good handfuls of English Tobacco, shred it small, and put it into a pint of Sallade oil, and seeth it on a soft fire to simmer, till the oil change green, then strain it, and in the cooling put in two ounces of *Venice Turpentine*.

For

8 *A Choice Manual, or,*

For an Ach.

Take of the best Gall, white wine Vinegar, and *Aqua vite*, of each a like quantity, and boil it gently on the fire, till it grow clammy, then put it in a gla's or pot, & when you use any of it, warmit against the fire, rub some of it with your hand on the aking place, and lay a linnen cloath on it, do this mornings and evenings.

To make a Searcloath.

Virgins Wax, *Sperma Ceti*, Venice Turpentine, oil of white Poppy, oil of Ben, oil of sweet Almonds.

For Wind in the Stomack, and for the spleen.

Take a handful of Broom, and boil it in a pint of Beer or Ale till it be half consumed, and drink it for the wind, and the stomack, and for the Spleen.

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Rare Secrets in Physick. 29

A most excellent Water for a Consumption and Cough of the Lungs.

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Take a running Cock, pull him
alive, then kil him, when he is almost
cold cut him abroad by the back, &
take out the Intrals, and wipe him
clean, then cut him in quarters, and
break the bones, put him into such a
Still as you still Rose water in, and
with a Pottle of Sack, a pound of
Currans, a pound of Raisins of the
Sun stoned, a quarter of a pound of
Dates, the stones taken out, and the
Dates cut small, two handfuls of
wild Thyme, two handfuls of Or-
gares, two handfuls of Pimperbal,
and two handfuls of Rosemary, two
handfuls of Buglosse and Borage
floures, a pottle of new Milk of a
red Cow, still this with a soft fire,
put into the glafs that the water doth
drop into, half a pound of Sugar-
candy beaten very small, one book
of leaf Gold cut small among the
Sugar, four grains of Ambergricee,
twelve

30 *A Choice Mannal, or,*
twelve grains of prepared Pearl, you
must mingle the strong water with
the small, and drink four spoonfulls
at a time in the morning fasting, and
an hour before supper, you must
shake about the glass, when you drink
it.

For a bruise.

Take six spoonfulls of Honey, a
great handful of Linseed, bruise
these in a Morter, and boil them in
pint of Milk an hour, then strain
very hard, and annoint your breast
and stomach with it every morning
and evening, and lay a red cloth up
on it.

*The Eye water for the infirmities
and diseases of the Eye.*

Take of the distilled water of the
white wild Rose, half a pound of the
distilled water of Celendine, Fen-
nel, Eye-bright, and Rue of each
two ounces, of Cloves an ounce and
a half, of white Sugar-candy one
drachm, of Tutia prepared for
ounces, pulverize all these ingredients
dis

Pearl, you must bruise the Camphire with
water, with your Spoonfull of your Sugar-candy, for so it breaks
best, then mix all the pouders toge-
ther in a Paper, put them in a strong
glass, pour the distilled waters upon
them, and three pints of the best
French white Wine that can be had,
Honey, shake it every day three or four
times long together for a moneth,
ed, bruise them in a Mortar, and then you may use it: remember
then strain it through a Linnen cloth, to keep it very close stoppt. This is
your breakefast as it was had from the Lord
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*A Medicine very good for the Drop-
sic or the Scurvy, and to clear the
Bloud.*

Take four gallons of Ale, drawn
from the tap into an earthen Stand,
when the Ale is two dayes old, then
you must put in of Brook-lime, of
Water-crèsses, of Water-mints with
ed stalks, of each four handfuls,
half a peck of Scurvy-grasse, let all
these be clean picked, and washed,
and

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half a peck of Scurvy-grasse, let all
these be clean picked, and washed,

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32 *A Choyce Mannal, or,*

and dried with a cloth, and shred
with a knife, & then put into a bag
then put in the Ale and stop it close
so that it have no vent, stop it with
Rie paste; the best Scurvy-grass
groweth by the water side, it must be
seven daies after the things be in be-
fore you drink it. Take two quart
of water, and put in four ounces of
Guaicum, two ounces of *Sarsaparilla*,
one ounce of *Saxifrage*, put it in-
to a pkin, and infuse it upon the
embers for twelve hours, and then
strain it, and put it into the Ale
soon as it hath done working, the
being added makes the more Cauter-
dle.

For sore Eyes.

Take half a pint of red Rose-wa-
ter, put therein four penniworth of
Alee succatrina, as much *Bole arm-
niack* in quantity, let this ly four or
twenty hours in steep, then wa-
sh your eye with it evenings and morn-
ings with a Feather, and it will heale
them.

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Rare Secrets in Physick. 33

*A Sirrup to strengthen the stomack,
and the brain, and to make a sweet
breath.*

Take Rinds while they be new
one pound, of running water the va-
lue of five wine pints, then seeth it
unto three pints, then strain it, and
with one pound of Sugar, seeth it to
a Sirrup, and when you take it from
the fire, put to it four grains of
Musk.

For the burning in the back.

Take the juyce of Plantain, and
Womans milk, being of a woman
Child, put thereto a spoonfull of
Rose-water, and wet a fine cloth in
the same, and so lay it to your back
where the heat is.

*A very good Medicine to stay the
Vomiting.*

Take of Spare-Mints, Worm-
wood, and red Rose leaves dried, of
each half a handful, of Rye bread
grated a good hanful, boll all these
in red Rose-water and Vineger, till
they be somewhat tender, then put it

A Sirr

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into

34 *A Choice Manual, or,*
into a linnen cloath, and lay it to the
stomack as hot as you can endure it,
heating it two or three times a day
with such as it was boiled in.

For Weakness in the Back,

Take Nip, and Clary, and the
Marrow of an Oxe back, chop them
very small, then take the yolks of two
or three Eggs: and strain them all
together, then fry them, use this six
or seven times together, and after it
drink a good draught of Bastard or
Mulcadine.

*To make a Cap for the pain and cold-
ness of the Head.*

Take of Storix and Benjamine,
of both some twelve penniworth
& bruise it, then quilt it in a brown
paper, and wear it behind on your
head.

To make pectoral Rouls for a Cold.

Take four ounces of Sngar finely
beaten, and half an ounce of sear-
ced Liquorice, two grains of Musk
an

Rare Secrets in Physick. 35

and the weight of two pence of the
syrup of Liquorice, & so beat it up
to a perfect paste, with a little sirrup
of Horehound, and a little Gum-
dragon being steeped in Rose-wa-
ter, then roul them in small Rouls
and dry hem, and so you may keep
them all the year.

For the running of the Reins.

Take the pish of an Ox that go-
eth down the back, a pint of red
Wine, and strain them together
through a cloath, then boil them a
little with a good quantity of Cin-
namon, and a Nutmeg, and a large
Mace, a quantity of Ambergrice,
drink this first and last dayly.

For Sun burn.

Take the juyce of a Lemon, and
a little Bay salt, and wash your
hands with It, and let them dry of
themselves, wash them again, and
you shall find all the spots and stains
gone.

36 *A Choice Manual, or,*
For a Pin, and Web, and redness
in the Eye.

Take a pint of white Rose-water, half a pint of white Wine, as much of *Lapis calaminaris* as a Walnut bruised, put all these in a glasse, and set them in the Sun one week, and shake the glasse every day, then take it out of the Sun, and use it as you shall need.

A special Medicine to preserve the
Sight.

Take of brown Fennel, Honey-suckles of the hedge, of wild Daisie roots picked, and washed, and dried, of Peal-wort, of Eyebright, of red Roses, the white clipped away, of each of these a handful dry gathered, then steep all these hearbs in a quart or three pints of the best white Wine in an earthen pot, and so let it lye in steep two or three daies close covered, stirring it three times aday, and so still it with a gentle fire, making two distillings and so keep it for your use.

A proved

Rare Secrets in Pphysick. 37

A proved Medicine for the yellow Jaundice.

Take a pint of Muscadine, a pretty quantity of the inner bark of a Barberry tree, three spoonfuls of the greenest goose-dung you can get, and take away all the white spots of it, lay them in steep all night, on the morrow strain it, and put to it one grated Nutmeg, one penniworth of Saffron dryed, and very finely beaten, and give it to drink in the morning.

To make pectorall Rouls.

Take one pound of fine Sugar, of Liquorice and Annise seeds two spoonfuls, Elecampane one spoonful, of Amber, and Corral, of each a quarter of a spoonful, all this must be very finely beaten and searced, and then the quantity that is set down must be taken, mix all these pouders together well, then take the white of an Egg, and beat it with a pretty quantity of Musk, then take a brazen mortar very well scoured,

38 *A Choice Manual, or,*

and a spoonfull or two of the Pou-
ders, and drop some of the Egg to it,
so beat them to a paste, then make
them in little rouls, and lay them
on a place to dry.

A Plaister for a sore Breast.

Take crums of white bread, the
tops of Mint chopped small; and
boil them in Strong Ale, and make
it like a poulteffe, and when it is al-
most boiled, put in the powder of
Ginger, and oil of Thyme, so spread
it upon a cloath, it will both draw
and heal.

*A Medicine for the dead Palsie,
and for them that have lost their
speech.*

Take Borrage leaves, Marigold
leaves, or floures, of each a good
handfull, boil it in a good Ale Pos-
set, the Patient must drink a good
draught of it in the morning, and
sweat, if it be in the armes or leggs,
they must be chafed for an hour or
two when they be grieved, and at
meals they must drink of no other
drink

Rare Secrets in Physick. 39

drink till their speech come to them again, and in winter, if the hearbs be not to be had, the seeds will serve.

An approved Medicine for an Ach, or Swelling.

Take the floures of Cammomil, and Rose leaves, of each of them a like quantity, and seeth them in white Wine, and make a Plaister thereof, and let it be laid as hot as may be suffered to the place grieved, and this will ease a pain, and aswage the swelling.

An approved Medicine for a stinking Breath.

Take a good quantity of Rosemary leaves and floures, and boil them in white Wine, and with a little Cinnamon and Benjamin beaten in powder, being put thereto, let the Patient use to wash his mouth very often therewith, and this will presently help him.

A good Broth for one that is weak.

Take part of a Neck of Lamb, and a pretty running Fowl, and let

40 *A Choice Mannal, or,*

them on the fire in salt spring water, and when it boileth scum it well, so done, put in two large Mace, and a few Raisins of the Sun stoned, and a little Fennel root, and a Parsley root and let them boil, if the party be grieved with heat or cold in the stomach, if heat, put in a handful of Barley boiled before in two waters, and some Violet leaves, Sorrel, Succory, and a little Egrimony, if cold, put in Rosemary. Thyme, a Lilly, Marigold leaves, Borrage, and Bugloss, and boil this from four pints to less than one.

A Receipt for Purging. D. T.

Take the leaves of new Sene, six ounces, of chosen Rubarb one ounce and half, leaves of Sage, red Dock roots, of each an ounce, of Barberries half an ounce, Clovamon, and Nutmegs of each an ounce, Anniseeds and Fennel seeds, of each six drachms, of Tamarisk half an ounce, Cloves and Mace, of each half a drachm, beat them into a grosse

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Rare Secrets in Physick. 41

grosse powder, and hang them in a linnen bag, in six gallons of new Ale, so drink it fasting in the morning and at night.

To comfort the Stomack and help Windiness and Rheum.

Take of Ginger one penniworth, Cloves four penniworth, Mace seven penniworth, Nutmeg four penniworth, Cinnamon four penniworth, and Galingal two penniworth, of each an ounce, of Cubebs, Corrol, and Amber, of each two drachms, of Fennel seed, Dill seed, and Carraway seed, of each one ounce, of Liquorice and annise seeds, of each an ounce, all beaten into fine powder, one pound and a half of fine beaten Sugar, which must be set on a soft fire, and being dissolved, the pouders being well mixed therewith till it be stiffe, then put thereunto half a pint of red Rose-water, and mix them well together, and put it into a gally pot, and take thereof first in the morning, and last in the evening

42 *A Choice Manual, or,*
evenings, as much as a good Hasel
Nut, with a spoonful or two of red
Wine.

To make a Callice for a weak Person.

Take a good Chicken, and a piece
of the neck end of Lamb or Veal,
not so much as the Chicken, and set
them on the fire, and when they boil
and are well scummed, cast in a large
Mace and the pieces of the bottome
of a Manchet; and half a handful of
French Barly, boyled in three wa-
ters before and put it to the Broth,
and take such hea bs as the party re-
quireth, and put them in when the
broath hath boiled half an hour, so
boil it from three and a half, to one,
then cast it through a strainer, and
scum off all the fat, so let it cool, then
take twenty good Jordan Almonds,
or more if they be small, and grind
them in a Morter with some of the
broth; or if you think your broth too
strong, grind them with some ale
water, and strain them with the
broth;

and Hasel
o of red
Person,
d a piece
or Veal,
, and set
they boil
n a large
bottom
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Broth,
arty-re-
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and grind
e of the
roth too
ome fair
with the
broth;

broth; then set it upon a few coals,
and season it with some Sugar, not
too much, and when it is almost
boiled; take out the thickest and beat
it all to pieces in the mortar, and put
it in again, and it will do well, so
there be not too much of the others
flesh.

For the Gout.

Take six drachms of Carisco-
stine fasting in the morning, and
fast two hours after it, you may roul
it up in a Water, and take it as Pills,
or in Sack, as you conceive is most
agreeable for the Stomack; this pro-
portion is sufficient for a Woman,
and eight drachms for a man, and
take it every second day, until you
find remedy for it, it is a gentle
purge that works only upon winds
and water.

The Poultice for the Gout.

Take a penny loaf of white bread,
and slice it, and put it in fair water,
two Eggs beaten together, a handful
of red Rose leaves, two penniworth
of

44 *A Choice Manual, or,*
of Saffron dryed to powder, then take
the bread out of the water, and boll
it in a quantity of good milk, with
the rest of the Ingredlents, and apply
it to the place grieved, as warm as
you can well endure.

For them that cannot hear.
Put Into their ears good dryed Suet.

*A Sovereign water, good for many
Cures, and the health of Bodies.*
Take a gallon of good Gascoigne
Wine, White or Claret, then take
Ginger, Galingal, Cardomon, Cin-
namon, Nutmegs, Graines, Cloves,
Annise-seeds, Fennel seeds, Carra-
way seeds, of each of them three
drachms, then take Sage, Mints, red
Rose leaves, Thyme, Pellitory, Rose-
mary, wild Thyme, wild Majoram,
Organy, Penny-mountain, Penni-
royal, Cammomill, Lavender, A-
vens, of each of them a handful, then
beat the spices small, and the Herbs,
and put all into the Wine, and let it
stand

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for many
Bodies.

Gascoigne

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lful, then

the Herbs,

and let k

Stand

Rare Secrets in Physick, 45

stand for the space of twelve hours,
stirring it divers times: then still it
in a Limbeck, and keep the first wa-
ter by it self, for it is best, then will
there come a second water, which is
good, but not so good as the first;
the Virtues of this Water be these,
It comforteth the Spirit vital, and
preserveth greatly the Spirit vital,
and preserveth the youth of man, and
helpeth all inward diseases coming
of cold, and against shaking of the
Palsie, it cureth the contract of si-
news, and helpeth the conception of
the barren, it killeth the worms in
the Belly, it killeth the Gout, it help-
eth tooth-ach, it comforteth the sto-
mack very much, it cureth the cold
Dropfie, it breaketh the stone in the
back, and in the reins of the back, it
cureth the Canker, it helpeth shortly
the stinking breath, and whosoever
useth this water oft, it preserveth
them in good liking; this water will
be better if it stand in the Sun all
the Summer, and you must draw of
the

46 *A Choice Manual, or,*

the first water but a pint, and of the second as far as it will run, until the whole gallon of wine and hearbs be all done out, but the last water is very small, and not half so good as the first; If you do draw above a pint of the best water, you must have all things more as is a foresaid.

To stanch the bleeding of a Wound.

Take a Hounds turd and lay it on a hot coal, and bind it thereto, and that shal stanch bleeding, or else bruise a long worm, and make powder of it, and cast it on the wound; or take the ear of a Hare, and make powder thereof, and cast that on the wound, and that will stanch bleeding.

For spitting of bloud after a fall or bruise.

Take Bittany, Vervain, Nose-bleed, and five leaved grasse, of each a like, and stamp them in a mortar, and

nd of the
until the
earbs be
water is
good as
ve a pint
have all

and wring out the juyce of them, and
put to the juice as much Goats milk,
and let them seeth together, and let
him that is hurt drink of it seven
dayes together, till the waxing of the
Moon, and let him drink also Osmo-
ry and Cumfrey with stale Ale, and
he shall be whole.

Wound.

For to heal him that spitteth blood.

nd lay it
hereto,
g, or else

Take the juyce of Bettany, and
temper that with good milk, and
give the sick to drink four dayes, and
he shall be whole.

ake pou-
wound;
nd make
at on the
h bleed-

*For to know whether one that bath
the Flux shall live or die.*

Take a penny weight of Tresolle
seed, and give him to drink in Wine
or Water, and do this three dayes,
and if it cease he shall live, with the
help of Medicine, if not, he shall die.

a fall or

For to stanch the bleeding of a Vein.

Nose.
e, of each
mortar,
and

Take Rue and seeth it in water,
and after stamp it in a Mortar, and
lay it on the Vein, then take Lambs
wool

48 *A Choice Manual, or,*
wool that was never washed, and lay
that thereon, and that shall stanch
bleeding.

For a Vein that is evill smitten.

Take Beans and peel away the
lack, and seeth them well in vinegar,
and lay them on the Vein hot, in
manner of a Plaister.

For one that pisseth Bloud.

Take and seeth Garlick in water,
till the third part be wasted away,
let him drink of the water, and he
shall be whole.

For a Woman travelling with Child.

Take and give her Tittany to
drink in the morning, and she shall
be delivered with out perril, or else
give her Hysop with water that is
hot, and she shall be delivered of the
child, although the child be dead &
rotten, and anon when she is deli-
vered, give her the same without
Wine, or bind the bearb Argentine
to her noistrils, and she shall be soon
delivered, or else Polipody & stamp
it,

d, and lay it, and lay that on the womans foot
shall stanch in a manner of a Plaster, and she shall
be delivered quick or dead, or else
mitten. Give her Savory with hot water, and
away the he shall be delivered,

n vinegar, *Against surfeiting and digesting.*
n hot, in Take the bottom of a wheat loaf,
and roast it at the fire, till it be very
d. browne and hard, and then take a

in water, good quantity of *Aquavita*, and put
ted away, upon the same roasted, and put it
, and he in a single linnen cloth, and lay it
at the breast of the Patient all night,
and with the help of God he shall
ith Child. recover, and he shall vomit or purge
ittany to soon after.

d she shall *A water to comfort weak Eyes, and*
, or else *to preserve the sight.*

er that is Take a gallon and a half of old
red of the wheat, fair and clean picked from all
e dead & manner of soyle, and then still it in
ne is dell- an ordinary Still with a soft fire, and
without the water that comes of it must be
Argentine put in a glasse, then take half a
l be soon pound of white Sugar-candy, and
& stamp- bruise it in a Morter to powder, and
it, after

50 *A Choice Manual, or,*

after three daies, when the water hath been in a glass, then put in the poudered Candy, then take an ounce of *Lapis Tutia* prepared, and put it into the glass to the rest of the stuff, then take an ounce of Camphire, & break it between your fingers small, and put it into the glasse, then stop the glasse close, and the longer it stands, the better it will be.

For tender Eyes, or for Children.

Take a little piece of white Sugar-candy as much as a Chesnut, & put it into three or four Spoonfulls of white Wine to steep, then take it out again and dry it, and when it is dry, bruise it in a clean Morter that tastes of no spice, then put it upon a white Paper and so hold it to the fire that it may be through dry, and then searce it through a little sieve.

For hot Eyes and red.

Take slugs, such as when you touch them will turn like the pumme of swords, a dozen or sixteen, shake

Rare Secrets in Physick. 51

shake them first in a clean cloth, and then in another, and now wash them, then stamp them, and at three or four Spoonfuls of Ale them, and strain it through a dry cloath, and give it the party morning and evening, first and last.

For Cornes.

Take fair water half a pint, Mercury sublimat a penniworth, Allum as much as a bean, boil all these together in a glass Still, till a Spoonful be wasted, and alwayes warm it when you use it, this water is also good for any Itch, Tetter, Ring-worm or Wart.

A Searchcloth, for a Sore, or Sprain, or any Swelling.

Take Vervain seven ounces, of Siros seven ounces, of Camphire three drachms, of oyl of Roses ten ounces, let the Wax and the Oil boll till the Wax be melted, then put in your Siros finely beaten, stirring it on the fire till it look brown; then put in the Camphire finely beaten and

52 *A Choice Manual, or;*

and let it boile two or three walmes
and then dip in your cloathes.

A Poultisse for a Swelling.

Take a good handful of Viole
leaves, and as much Groundsel, and
Chickweed and Mallowses, half a
handful, cut all these with a knife
and so seeth them well in Condu
water, and thicken it with Barle
meal, being finely sifted, and so rou
it sure, and lay it to the swelled place
and shift it twice a day.

*To make a strong water good for
Canker, or any old Sore, or to ease
any lump of flesh that groweth.*

Take of Celendine a handful, of
red Sage a handful, and of Wood
bine leaves a handful, thred all these
together very small, and steep them
in a quart of white Wine, and a pint
of Water, letting it stand all night
and on the morrow straine it, and
put therein of Borax, and Camphire
of each nine pennalworth, and of
Mer-

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r good for
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roweth.
andful, o
of Wood
ed all the
steep them
and a pin
d all night
e it, and
Camphir
a, and o
Mer-

Mercury four penniworth, and set them on a soft fire, boiling softly for the space of an hour, and when you will use it, warm a little of it, dip in it a cloth, and lay it on the Sore, or dip in it any Cotton.

To heal any bruise, Sore, or Swelling.

Take two pound of Wax, and two pound of Rosin, and two pound and a half of butter, and four spoonfuls of Flower, and two good spoonfuls of Honey, put in your Wax, Rosin, and your Butter altogether, boil all these together and clarify it, then put in two ounces of Carmelick, and when it hath thus boiled a quarter of an hour, put a little water in a dish, and put it in, and let it stand till it be cold, and when you will use it, you may melt it on a soft fire, and put in your cloathes, and make Searchloath, & you may spread Plaister-wise to heal any wound.

A Medicine

54 *A Choice Manual, or,*
A Medicine for any wound old or new

Take a pint of Sallade Oil, and four ounces of Bees Wax, and two ounces of Stone pitch, and two ounces of Rosin, and two ounces of Venice Turpentine, and one pennyworth of Frankincense, and a handfull of Rosemary tops, and a handfull of Tuisson leaves, and a handfull of Plantain leaves; these herbs must be stamped, and the juyce of them put to the things aforesaid, and let them boil together about a quarter of an hour, or thereabouts, the being done, put it into an earthen pot, and when it is cold you may use it as you have occasion, and keep it two year, a most excellent Medicine.

A Medicine for a Wen.

Take black Sope and unquench Linc, of each a like quantity, beat them very small together, and spread it on a woollen cloath, and lay it on the Wen, and it will consume in this way.

Or, *Rare Secrets in Physick.* 55
For breaking out of Childrens heads.

Take of white Wine, and sweet
Butter alike, and boil them together
till it come to a Salve, and so an-
noint the head therewi h.

For to mundifie, and gently to cleanse
ulcers, and bread new flesh,

Take Rosin eight ounces, Colo-
bonia four ounces, *Era* & *Oliua*,
one pound, *Adypis ovyni*, *Gum*
Amoniaci *Opop naci*, one ounce,
Eruginis aris, boil your Wax,
Solophoni, and Rosin, with the oil
together, then strain the Gums, be-
ing first dissolved in Vinegar, and
boil it with a gentle fire, then take it
off, and put in your *Verd* piece, and
fine powder, and use it according to
Art.

A Fomentation.

Take the liquor where Neats
have been boiled, with Butter,
and new Milk, and use in manner
of a Fomentation.

D

For

56 *A Choice Manual, or*
For the Falling-sickness, or Con-
vulsions.

Take the dung of a Peacock, make
it into powder, and give so much
it to the Patient as will lye upon
a shilling, in Succory-water fasting.

For a Tetter, proceeding of a sal-
umor in the Breast and Paps.

Anoint the sore place with Tap-
ners Oyle.

For the Bloody Flux.

Take the bone of a Garamonde
Bacon, and set it up on end in the
middle of a Charcoal fire, and let
it burn till it look like Chalk, and then
it will burn no longer, then powder
it, and give the powder thereof unto
the sick.

A Plaister for all manner of Bruises

Take one pound of made wax, and
a quarter of Pitch, half a quarter
of Galbanum, and one pound of
sheeps tallow, shred them and sear
them softly, and put them to a little
whine

ual, or
s, or Con
cock, make
to much of
lye upon
fasting.
ing of a sal
nd Paps.

Rare Secrets in Physick. 57

white Wine, or good Vinegar, and
take of Frankincence, and Mastick
of each half an ounce in powder, and
put it to, and boil them all together,
and still them till it be well relented,
and spread this salve upon a mighty
Canvas that will over-spread the
sore, and lay it thereon hot till it be
whole.

with Tap

To make Flos Unguentorum.

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Gammone
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alk, and the
then poud
hereof un
r of Bruise
ade wax, an
f a quarter
e pound
em and see
em to a litt
whit

Take Rosin, Perrosin, and half a
pound of Virgin wax, Frankincense
a quarter of a pound, of Mastick half
an ounce, of Sheeps tallow a quar-
ter of a pound, of Camphire two
drachms, melt that that is to melt,
and powder that that is to powder,
and boil it over the fire, and strain it
through a cloth into a pottle of white
Wine, and boil it all together, and
then let it cool a little, and then put
thereto a quarter of Turpentine,
and stir all well together till it be
cold, and keep it well. This Oint-
ment is good for sores old and new.

58 *A Choice Manual*, or,
it suffereth no corruption in the
Wound, nor no evil flesh to be gen-
dered in It, and it is good for head-
ach, and for all manner of Impost-
humes in the head, and for wind in
the bra n, and for imposthumes in
the body, and for boiling eares and
checks. and for sauce flegme in the
face, and for Sinews that be knit, or
stiffe, or sprung with travel ; it doth
draw out a thorn, or Iron, in what
place soever it be, and it is good for
biting or stinging of venemous
beasts ; it rotteth and healeth all
manner of Botches without, and it
is good for a Fester, and Canker, &
Noli me Tangere, and it draweth out
all manner of aking of the Liver
and of the spleen, and of the Merv
and it is good for aking and swe
ing of many members, and for a
members, and it ceaseth the Flux
Menstrua, and of Emeroids, and
is a special thing to make a fume
cloth to heale all manner of sores, and
it searcheth farthest inward of a
Ointment.

Rare Secrets in Physick. 59

An Ointment for all sorts of Aches.

Take Bettrony, Cammomile, Celendine, Rosemary, and Rue, of each of them a handfull, wash the hearbs, and press out the water, and then chop or stamp them very small, and then take fresh Butter unwashed and unsalted a quart, and seeth it until halfe be wasted and clarified, then scum it clean, and put in of oil Olive one ounce, a piece of Virgins Wax, for to harden the Ointment in the summer time, and if you make it in the winter, put into your Ointment a little quantity of foot senne instead of the Virgins Wax.

An excellent Sirrup to purge.

Take of Sena Alexandrina one pound, Polipodium of the Oak four ounces, Sarsaparilla two ounces, Damask Prunes four ounces, Ginger seven drachms Annise seeds one ounce, Cummin seed half an ounce,

D 3

Carra-

60 *A Choice Manual*, or,
Caraway seeds half an ounce, Cin-
namon ten drachms, *Aristolochia*
rotunda, *Peonia*, of each five drachms,
Rubarb one ounce, Aragick six
drachms, Tamarisk two handfu's,
boil all these in a gallon of fair wa-
ter unto a pottle, and when the li-
quor is boiled half away, strain it
forth, and then put in your Rubarb
and Agarick in a clean thin hand-
kercher, and tie it up close, and put it
into the said liquor, and then put in
two pound of fine Sugar, and boil it
to the height of a Sirrup, and take of
it the quantity of six spoonfuils, or
more, or less, as you find it worketh
in you.

To make drink for all kind of Surfeits.

Take a quart of *Aqua*, or small
Aqua vite, and put in that a good
handful of Cowslip flowers, Sage
flowers a good handful, and of
Rosemary flowers a handful, sweet
Majoram a little, Pellitory of the
wall

ual, or,
nce, Cin-
ristolochia
drachms,
agick six
handfuls,
fair wa-
n the li-
strain it
Rubarb
n hand-
nd put it
en put in
d boil it
take of
fuls, or
worketh

Surfeits.

or small
a good
, Sage
and of
, sweet
of the
wall

Rare Secrets in Physick 61

wall a little, Bettony, and Balm of
each a pretty handful, Cinnamon
half an ounce, Nutmegs a quarter
of an ounce, Fennel seed, Annise-
seed, Coriander seed, Carraway-
seed, Gromwel seed, Juniper berries
of each a drachm, bruise your spices
and Seeds, and put them into your
Aqua, or *Aqua vita*, with your herbs
together, and put to that three quar-
ters of a pound of very fine Sugar,
stir them together and put them in
a glass, and let it stand nine dayes
in the Sun, and let it be stirred every
day, it is to be made in *May*, steeped
in a wide mouthed glass, and strain-
ed out into a narrow mouthed glass.

A medicine for the Reins of the back.

Take Housleek, and stamp and
strain it, then dip a fine linnen cloth
into it, and lay it to the Reins of the
Back, and that will heal it,

A Medicine for the Ach in the back.

Take Egrimony, and Mugwort,
both leaves and roots, and stamp it

62 *A Choice Manual*, or,
with old Bores greafe, and temper
it with Honey and Eysell, and lay
it to the back.

For a Stitch.

Take Roses and Cammomil, of
each a handful, and oil of Roses, and
oil of Cammomil, of both together
a saucer full, and a quantity of Bar-
ly flower, boil all these together in
Milk, and then take a linnen bag,
and put it therein, and lay the plai-
ster as hot as may be suffered where
the stitch is.

*To make a Salve for wounds that be
cankered and do burn.*

Take the juyce of Smallage, of
Morrel, of Waberd, of each alike,
then take the white of Eggs, and
mingle them together, and put ther-
to a little Wheat flower, and stirre
them together till it be thick, but let
it come near no fire but all cold, let
it be laid on raw to the sore, and it
shall cleane the wound.

A Medicine for Bone-ach.

Take Brook-lime, and Smallage,
and

Rare Recrets in Physick. 63

and Daiesies, with fresh sheeps tallow, and fry them together, & make thereof a plaister, and lay it to the sore hot.

For Sinews that are shrunk.

Take young Swallows out of the nest a dozen or sixteen, and Rosemary, Lavender, and rotten Strawberry leaves, strings and all, of each a handful, after the quantity of the Swallows, the feathers guts, and all, bray them in a mortar, and fry all them together with *May Butter*, not too much, then put it in an earthen pot, and stop it close nine dayes, then fry it again with *May Butter*, and fry it well, and strain it well when you shall use it, chafe it against the fire.

A water for the biting of a mad Dog.

Take Scablos, Matfiline, Yarrow, Nightshade, wild Sage, the leaves of white Lillies, of each a like quantity, and still them in a common Still, and give the quantity of

D 5 three

64 *A Choice Manual*, or,
three or four spoonfuls of the Water
mingled with halfe a spoonful of
Triacle, to any man or beast that is
bitten, within three dayes after the
biting, and for lack of the water, take
the juices of these Hearbs mingled
with Triacle, it will keep the sore
from rankling; take Dittany, Egri-
mony, and rusty Bacon, and beat
them fine together, and lay it unto
the wound, and it will keep it from
rankling.

*A proved medicine for any one that
have an Ague in their Breast.*

Take the Patients own water, or
any others that is very young, and
set it on the fire, put therein a good
handful of Rosemary, and let it boil;
then take two red cloaths, and dip
them in the water, then nip it hard,
and lay it on the breast as hot as it
may be indured, and apply it till you
see the breast asswaged, then keep it
very warm:

To kill a Fellon:

Take red Sage, white Sope, and
bruiſe

al, or,
e Water
onful of
st that is
after the
ater, take
mingled
the fore
y; Egri-
and beat
y It unto
o it from

y one that
Breast.
ater, or
g, and
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et it boil;
and dip
o it hard,
hot as it
till you
en keep it

ope, and
bruse

Rare Secrets in Physick. 65

bruse them, and lay it to the Fellon
and that will kill it.

To break a Fellon.

Take the grounds of Ale, and as
much Vinegar, the crums of leaven-
ed bread, and a little Honey, and boil
them all together, till they be thick,
and lay that hot to the joynt where
the Fellon is, and that will heal it.

Doctor Stevens Sovereign VVater.

Take a gallon of good Gascoign
Wine, then take Ginger, Galingal,
Cancel, Nutmegs, Grains, Cloves,
Annise-seeds, Carraway seeds, of
each a dram, then take Sage, Mints,
red Roses, Thyme, Pellitory, Rose-
mary, wild Thyme, Cammomile,
Lavender of each one handfull; then
bray both Spices and Hearbs, and
put them all into the Wine, and let
them stand for twelve hours, divers
times stirring them, then still that in
a Limbeck, but keep that which you
still first by it self, for that is the best
but

66 *A Choice Manual*, or,
but the other is good also, but not
so good as the first.

The vertues of this water are
these; It comforteth the Spirits Vi-
tal, and helpeth the inward diseases
which come of cold; and the shaking
of the Palsie, it cureth the contracti-
on of Sinews, and helpeth the con-
ception of Women that be barren, it
killeth wormes in the body, it cu-
reth the cold Cough, it helpeth the
tooth-ach, it comforteth the stomack,
it cureth the cold Drop sic it helpeth
the stone, it cureth shortly the stink-
ing breath and who so useth this
water enough, but not too much, it
preserveth him in good liking, ma-
king him young.

Doſter Willoughbies Water.

Take Galingal, Cloves, Cubebs,
Ginger, Melilot, Cardimome,
Mace, Nutmegs, of each a drachm,
and of the juyce of Celendine half a
pint, and mingle all these made in
pouder with the said juyce, and with
a pint

Rare Secrets in Physick 67

a pint of good *Aqua vita*, and three pints of good white Wine, and put all these together in a Still of glass, and let it stand so all night, and on the morrow still it with an easie fire as may be.

The vertue is of secret nature, it dissolveth the swelling of the Lungs without any grievance, and the same Lungs being wounded or perished it helpeth and comforteth, and it suffereth not the blood to putrifie, he shall never need to be let blood that useth this Water, and it suffers not the heart to be burnt, nor Melancholy or flegm to have dominion above nature, it also expelleth the Rheum, and purifieth the stomack, it preserveth the viage or memory, and destroyeth the Palsie, and if this water be given to a man or woman labouring towards death, one spoonful relieveth. In the Summer time use once a week fasting the quantity of one spoonful, and in Winter two spoonfulls.

A Me

68 *A Choice Manual, or,*

*A Medicine for them that have a
pain after their child bed.*

Take Tar, and fresh Barrowes
grease, and boil it together, then take
Pigeons Dung, and fry it in fresh
grease, and put it in a bag.

For the drink: Take a pint of
Malmsey and boil it, and put Bay-
berries and Sugar in it, the Bay-ber-
ries must be of the whitest, and put
therein some Sanders.

Take ~~some~~ water, and set it
over the fire, and put some ground
Malt in it, when they use these things
they must keep their bed.

For running of the Reins.

Take Venice Turpentine roured
In Sugar and Rose-water, swallow
it in pretty roulds, and put a piece of
Scarlet warm to your back.

For Coods that be swollen.

Stamp Rue and lay thereto.

To draw an Arrow head, or other

Iron out of a wound:

Take the juyce of *Valerian*, in the
which

ual, or, Rare Secrets in Physick. 69

at have a which you shall wet a Tent, and put
it into the wound, and lay the same
Barrowes Hearb stamped upon it, then your
then take band or binding as appertaineth,
in fresh and by this means you shall draw
out the Iron, and after heal the
wound as it requireth.

a pint of
put Bay-
Bay-ber-
and put

and set it
the ground
the things

A plaister for a green Wound.

Take Flower and Milk, and seeth
them together till it be thick, then
take the white of an Egg, and beat
them together, and lay it to the
wound, and that will keep it from
rankling.

For a Lask.

s. Take an Egg and *Aqua vite*, and
e rouled boil it with the Egg till it be dry;
swallow then take Cinnamon and Sugar and
a piece of eat with the Egg.

en.
o.

For him that hath a bunch or knot
in his head, or that hath his head
swollen with a fall.

or other

n, in the
which

Take one ounce of Bay Salt, raw
Honey three ounces, Turpentine
two ounces, intermingle all this well
upon

70 *A Choice Manual*, or,
upon the fire, then lay it abroad up-
on a linnen cloth, and thereof make
a plaister, the which you shall lay hot
to the head, and it will altogether as-
swage the swelling, and heal it per-
fectly.

*Against the biting of any venemous
Beast.*

As soon as the person feeleth him-
self bit with any venemous beast, or
at least, so soon as it is possible, let
him take green leaves of Fig-tree,
and press the Milk of them three or
four times into the wound: And for
this also serveth Mustard seed ming-
led with Vinegar.

*A perfect Remedy for him that is sore
wounded with any sword or Staffe.*

Take *Taxas barbatus*, and stamp
it, and take the juyce of it, and if the
Wound bleed, wipe it, and make it
clean, washing it with white Wine,
or Water, then lay the said juyce up-
on the wound, and the hearb where-
of

Rare Secrets in Physick. 71

of you take the juyce, upon it, then make your band, and let it abide on a whole day, and you shall see a wonderful effect.

A Bag to smell unto for Melancholy, or cause one to sleep.

Take dry Rose leaves, keep them close in a glasse which will keep them sweet, then take powder of Mints, powder of Cloves in a grosse powder, and put the same to the Rose leaves, then put all these together in a bag, and take that to bed with you, and it will cause you to sleep, and it is good to smell unto at other times.

For spitting of Blood.

Take the juyce of Bittony tempered with Goats Milk, and drink thereof three or four mornings together.

An Ointment for all Sores, Cuts, Swellings, and Heat.

Take a good quantity of Smal-lage, and Mallowses, and put thereto two pound of Bores grease, one pound

72 *A Choice Manual*, or,
pound of Butter, and oil of Nears
foot a quantity, Stamp them well to-
gether, then fry them, and Strain
them into an earthen pot, and keep
it for your use.

A salve for a new Hurt.

Take the whitest Virgins Wax you
can get, & melt it in a pan, then put
in a quantity of Butter and Honey,
and seeth them together, then strain
them into a dish of fair water, and
work it in your hands, and make it
in a round Ball, and so keep it, and
when you will use it, work some of
it between your hands, and strike it
upon a cloth, and lay it upon the
sore, and it will draw and heal it.

*Against the biting of a mad Dog, and
the rage or madness that followeth a
man after he is bitten.*

Take the blossomes or flowers of
wild Thistles dried in the shade, and
beaten to powder, give him to drink
of that powder in white Wine, half a
Walnut

Rare Secrets in Physick. 73

Walnut shell full, and in thrice taking it, he shall be healed.

Against the grief in the Lungs, and spitting of blood.

Take the Hearb called of the Apothecary *Ungula Gaballina*, in English Colts-foot, incorporated well with the lard of a Hog chopped, and a new laid Egg, boil it together in a pan, and give it the patient to eat, doing this nine mornings, you shall see a marvellous thing, this is also good to make a man fat

Against spitting of Blood by reason of some Vein broken in the Breast.

Take Misedung beaten into powder, as much as will lie upon a groat, and put it in half a glass full of the juice of Plantane with a little Sugar, and so give the patient to drink thereof in the morning before breakfast, and at night before he go to bed, continuing the same, it will make him whole and sound.

For

74 *A Choice Manual, or,*

For to cleanse the Head.

Take Pellitory of *Spain*, and chew the roots three daies, a good quantity, and it will purge the head, and do away the Ach, and fasten the teeth in the gums.

A good Remedy against the Plurisie.

Open a white loafe in the middle new baked, and spread it well with Triacle on both the halves on the crown side, and heat it at the fire, then lay one of the halves on the place of the disease, and the other half on the other side of the body directly against it, and so bind them that they loose not, nor stir, leaving them so a day and a night, or until the Imposthume break. I have sometimes seen in two hours or less, then take away the bread, and immediately the Patient will begin to spit and void the putrefaction of the Imposthume, and after he hath slept a little, you shall give him meat and with the help of God he shall shortly heal.

For

Rare Secrets in Physick. 75
For a Pin or web in the Eye.

Take two or three Lice out of ones head, and put them alive into the eye that is grieved, and so close it up, and most assuredly the Lice will suck out the Web in the eye, and will cure it, and come forth without any hurt.

A Remedy to be used in a fit of the Stone when the water stops.

Take the fresh shells of Snails, the newest will look of a reddish colour, and are best, take out the snailles, and dry the shells with a moderate heat in an oven after the bread is drawn, likewise take Bees and dry them so, and beat them severally into powder, then take twice so much of the Bees powder as the snailles, and mix them well together, keep it close covered in a glass, and when you use it, take as much of this powder as will lie upon a sixpence, and put it into a quarter of a pint of the distilled water of Bean flowers, and drink it fasting,

76 *A Choice Manual*, or,
fing, or upon an empty stomack,
and eat nor drink nothing, for two
or three hours after.

This is good to cause the party to
make urine, and bring away the gra-
vell or stone that causeth the stop-
ping, and hath done very much
good.

A Sirrup for the pain in the Stomack.

Take two good handfuls of young
Rue, boil it in a quart of good white
Wine Vinegar, till it be half consu-
med, so soon as it is through cold,
strain it, and put to every pint of
the liquor a pound and a quarter of
loaf Sugar, and boil it till it come
to a Sirrup, when you use it, take a
good spoonful of this in the morn-
ing fasting, and eat nor drink no-
thing for two or three hours after; it
is good for pain in the stomack that
proceeds of windy vapours, and is
excellent good for the Lungs and
obstructions of the Breast.

Re.

Rare Secrets in Physick. 77

*Reccits for bruises, approved by the
Lady of Arundell.*

Take black Jet, beat it to powder,
and let the patient drink it every
morning in beer till it be well.

Another for the same.

Take the sprigs of Oak trees; and
put them in a paper, roast them, and
break them, and drink as much of
the powder as will lie upon six-
pence every morning, until the Pa-
tient be well.

To cause easie labour.

Take ten or twelve dayes before
her looking six ounces of brown
Sugar-candy beaten to powder, a
quarter of a pound of Raisins of the
Sun stoned, two ounces of Dates
unstoned sliced, half an ounce of
Annise-seeds bruised, a quarter of
an ounce of Cowslip flowers, one
drachm of Rosemary flowers, put
these in a fine lawn bag with a flint
stone, that it may sink into a pottle
of white Wine, let it steep four and
twenty

Re.

78 *A Choice Manual*, or,
twenty hours, and after take of it
in the morning, and at four in the
afternoon, and in the evening, the
quantity of a wine glass full.

A Cordiall for the Sea.

Take one ounce of Sirrup of
Clove Gilliflowers, one drachm of
Confectio Alchermes, one ounce and
a half of Borrage water and the like
of Mint-water, one ounce of Mr.
Mountfords water, and as much of
Cinnamon-water, temper all these
together in a Cordial, and take a
spoonful at a time when you are at
Sea.

A Plaister to strengthen the Back.

Take eight yolks of Eggs new
laid, one ounce of Frankincense
beaten into fine powder, mingle
them well together, put in as much
Barly flower as will make it thick
for a Plaister, spread it on leather,
lay it to the small of the back, let-
ting it lie nine hours, use four
plaisters one after another, you
must

Rare Secrets in Physick. 79

must slit the plaister in the midst, so as it may not lie on the back bone.

A present Remedy for a Woman with child that hath taken harm by fall, or fright, or any mischance.

To st. y the Child, and strengthen it, take one ounce of Picketel jawes fine beaten and searced, of Dares Ronts, and Bole armoniack, of each one ounce, of Sanguis draconis, half an ounce, give of these, being well searced and mingled together, a French Crown weight in Muscadine or Malmsey, and let the woman keep her very warm.

For a weak Back.

Take of red lead half a pound, of white Lead half a pound, boil these in three pints of Sallade oil in a pipkin, stirring them continually with a piece of Iron, untill it be of a gray colour, then roul it up in roulds, & keep it for your use.

B

Oyl

80 *A Choice Manual, or,
Oyl of Saint Johns Wort.*

Take a quart of Sallade oil, put thereto a quart of the flowers of *S. Johns Wort* well picked, let them lie therein all the year, till the seeds be ripe, the glass must be kept warm, either in the Sun or in water all the Summer until the seeds be ripe, then put in a quarter of *Saint Johns Wort* seeds whole, and so let it stand twelve hours, then you must seeth the oil eight hours, the glass being kept open, and the water in the pot full as high as the oil is of height in the glass, then when it is cold strain it, that the seeds may not remain in the oil, and then put up the oil for your use.

A green Salve for an old Sore.

Take a handful of Groundsell as much Housleek, of Marigold leaves a handful, pick and wipe the Herbs clean, but wash them not, then beat all these hearbs in a wooden bowl as small as is possible, then strain out all the juyce, and put in a quan-

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Rare Secrets in Physick. Si
quantity of Hogs grease, as much as
two Eggs, beat all these together a-
gain, then put in the juyce again,
and put in ten Eggs, yolkes and
whites, five spoonfuls of English
Honey, and as much Wheat flower
as will make all this as thick as a
salve, and so stir it very well toge-
ther, and put it close up in a pot that
it take no air, and so keep it for your
use.

*A most excellent Powder for the
Colick and Stone.*

You must take it morning and
evening before you go to bed,
Sperma Cæti one ounce and half,
Cloves and Mace one quarter of an
ounce, Annise-seeds, and *Perstone*,
of each two ounces, Cinnamon, and
small Pepper of each one quarter of
an ounce, Date stones a quarter of
an ounce, Liquorice, Fennel, and
Sage, Bay berries, of each three
quarters of an ounce, Acornes one
quarter and half of an ounce, Lilly
roots two drachms, the white of
Oyster

82 *A Choice Manual, or,*
Oyster shels burned in the fire one
quarter of an ounce, beat all these
into fine powder, and drink as much
thereof in Ale or Beer as will lie on
a sixpence, and fast one hour or two
after it: if the party be sore grieved
take one handful of Parsly, and seeth
it in Ale till half be sod away with
twenty or thirty Prunes therein
strained, & put thereto two spoon-
fuls of this powder, and drink it
mornings and evenings somewhat
warm.

*A present remedy for the running
of the Reines.*

Take an ounce of Nutmegs, half
an ounce of Mastick, then slicethe
Nutmegs, and put them in steep in
Rose Vinegar all one night, then
lay them in a dish to dry before the
fire, then take the Mastick and lay it
in Papers, and beat it with a ham-
mer very small, and put a little Cor-
ral well beaten unto it, and as much
Ambergreece, then mingle these
things

Rare Secrets in Physik. 83

things together with Sugar, & make it pleasant to eat, and so take a good quantity morning and evening.

A Salve for a green Wound.

Take two handfuls of water-Dittany, two handfuls of Rosemary shred very small, a quarter of a pint of Turpentine, halt a pound of yellow Wax, a quart of Sallade oil, half a pint of white Wine, boil all these together while the white Wine be quite consumed, then it will be green and come to the helght of a Salve.

A proved Medicine for a burning or scalding by lightning or otherwise.

Take Hogs grease, or sheeps treacles, and Alehoof, beat these very well together, then take more Hogs grease, and boll it to a Salve.

To use it.

Annoint the place grieved with this Ointment, and then lay upon the sore so annointed Colewort leaves,

84 *A Choice Manual*, or,
which must be boiled very soft in
water, and the strings made smooth
with beating them with a Pestle.

*A Powder for the green sickness
approved with very good success
upon many.*

Take of Cloves, Mace, Nutmegs,
of each one quarter of an ounce, beat
them severally, and then altogether
very well, fine Sugar very small beaten
one quarter of a pound, and then
mix and beat them all four together,
Pearl the sixth part of half an ounce
finely beaten, mingle it with the rest,
and beat them altogether again, the
filing of Steel or Iron an ounce and
a quarter, sift it very fine, & mingle
it with the rest, but if so small a
quantity will not serve, add a quarter
more of the mettle, let it be sifted
before you weigh it, but if all this
will not serve the turn, put in a little
Rubarb, or a little Aloe succarina.

The

Rare Secrets in Physick. 85

The manner of using this Ponder.

In the morning when you rise take half a spoonful of it, at much at four a clock in the afternoon, & as much when you go to bed, walk or stir much after the first taking of it, I mean every morning and evening, fast one hour after the taking of it, or more, and then eat some Sugar sops or thin broth.

The Patients Diet.

She must forbear Oatmeal in broth or any other thing, Cheese, Eggs, Custards, or any stopping meat: take care that this be not given to any woman that hath conceived or is with Child.

A drink to stanch bloud inwardly.

Take the juyce of one handful of Shepheards purse, of Parsly, and Five finger, of each as much, take five slips of Egrimony, strain all these juices into the milk of a red Cow, and drink thereof early and late warm.

86 *A Choice Manual, or*

*A Powder to keep the Teeth clean,
and from worm-eaten.*

Take Rosemary burned to ashes,
Cuttsles bone, Harts horn burned
to powder, *Sall Gemma* twelve penny
weight, the flowers of Pomegranates,
white Corral, of each a sixpenny
weight, make all these in powder, and
with a little Rose water, and a Sage
leaf rub the Teeth.

*A Salve to heal all manner of Sores
and Cuts.*

Take one pint of Turpentine, one
pint of oil Olive, a quarter of a pint
of running Water, nine branches of
Rosemary, one ounce of unwrought
Wax, two ounces of Roset, seeth all
these together in a little pan over the
fire, let it seeth until there arise a
little white scum upon it, then stir it
with a stick suffering it to boil until
one quarter be consumed, then take
it from the fire, strain it through
a course cloth, but it must be done
quickly after it be taken from the fire
for cooling; after you have strained
it

Rare Secrets in Physick. 87

it into an earthen pot, let it cool, and keep it for your use.

To make Oil of Sage, good for the grief in any joynt, or for any ach.

Take sage and Parsly seech them in the oll Olive, till it be thick and green.

A Medicine to purge and amend the Heart, Stomack, Spleen, Liver, Lungs, and Brain.

Take Alexander, Water-cresses, young Mallows, Borrage, and Fennel roots pared, Mercury, Harts-tongue, and Clare, and make of these Pottage.

To drive infectious diseases from the heart.

Take Mithridate, and Century, of each two ounces, eight spoonfuls of Dragon Water, one pint of white Wine, seven spoonfuls of *Aqua vite*, boil altogether a little. strain it, then set it on the fire again a little while, and drink of it morning and evening.

88 *A Choice Manual, or,*
For the Tooth-ach.

Take Pepper and Grains, of each one ounce, bruise them, and compound them with the water of the diseased, & make it for a good thickness, and lay it outward on the cheek against the place grieved, and it will help it for ever after.

Another.

Take dried Sage, make powder of it, burnt Allum, Bay Salt dried, make all in fine powder, and lay it to the tooth where the pain is, and also rub the gums with it.

For the Stranguion or the Stone.

Take the inner rind of a young ash, between two or three yeares of growth, dry it to powder, and drink of it as much at once, as will lie on a sixpence in Ale or white Wine, and it will bring present remedy: the party must be kept warm two hours after it.

For the Stone.

Take the stone that groweth within the gall of an Oxe, grate it, and drink

Rare Secrets in Physick. 89

drink of it in white Wine, as much as will lie upon a sixpence at once, for want of white Wine make a posset of Ale, and clarify the Ale from the curd, then boil one handful of Pellitory therein, and drink of the powder with it.

For the black Jaundies.

Take earth-Worms, wash them in white Wine, then dry them, and beat them into powder, and put to a little Saffron, and drink it in beer.

A drawing Salve for an old Sore.

Take Rosin half a pound beaten to powder; Sheeps tallow a quarter of a pound, melt them together, and pour them into a Bason of water, and when they begin to cool a little, work them well with your hands in the water, and out of the water, drawing it up and down the space of one hour till it be very white, then make it up in rouls, and reserve it, to strike thin plaisters upon old Sores.

90 *A Choice Manual, or,
A water to wash Sores withall.*

Take Wormwood, Sage, Plantain leaves, of each one handfull, Allum two ounces, Honey two saucers full, boil all these together in three pints of water till half be consumed, then strain it, and reserve that liquor to wash the sore withall.

A Medicine to cure the Garget in the Throat.

Take a pint of May Butter, and put it on the fire in a posnet, and put into it of the inner bark of Elder, one good handfull, and some Daisieroots, seeth it to half the quantity, and strain it, and so keep it cool, take this ointment and annoint your throat, then take the ointment, and strike a long plaister with it very thick of the ointment, then strike upon the ointment the best Jane triacle, and upon that strew grosse pepper very thick, strike it on with a knife, warm the plaister, and bind it round your throat to your ears, renew it once a day

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Rare Secrets in Physick. 91

day with the ointment, and the Tri-
acle, and pepper, and lay it on again,
before you use this ointment, scour
your mouth and throat with the
pouder of Roch Allum burned, mix
it with the pouder of Madder or
Pepper.

For the hearing.

Take an Onion, take the core out
of it, fill it with Pepper, slice it in the
midst, being first wrapt in paper
and roasted in the embers, lay it to
each ear.

For a dead child in a Womans Body.

Take the juice of Hyssop, temper
it in warm water, and give it the
Woman to drink.

For a Woman that hath her Flowers too much.

Take a Hares foot, and burn it,
make pouder of it, and let her drink
it with stale Ale.

A Medicine for the Gout.

Take Tetberry roots, and wash
and scrape them clean, and slice
them

them thin, then take the grease of a Barrow hog, the quantity of either alike, then take an earthen pot, then lay a lane of grease in the bottome, then a lane of roots, then the grease again, and so roots and grease till the pot be full, then stop the pot very close, & set it in a dunghil one & twenty daies, then beat it altogether in a boul, then boil it a good while, then strain it, and put in a penniworth of *Aquavita*, then annoint the place grieved very warm against the fire.

A Diet drink for the running Gout, Ach in the joints, and for all infections.

Set seven quarts of water on the fire, and when it bolleth, put therein four ounces of *Sarsaparilla*, bruised, and let it boil two hours very softly, close stopped or covered, then put in four ounces of *Sene*, three ounces of *Liquorice* bruised, of *Statados*, *Hermadafil*, *Epithymum*, and of *Camomill* flowers, of every one half an ounce,

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Rare Secrets in Physick. 93

ounce, and so boil all these two
houres very softly, then strain it, and
keep it in a close vessel close stopped,
when it is cold, then boil again all
the aforesaid ingredients in seven
quarts of water four hours, with a
soft fire; close covered, then strain it
and keep it as the other by it self, and
take of the first a good draught one
hour before you arise in the morn-
ing, and a draught at the beginning
of dinner, and another at supper,
and going to bed, and at all other
times, drink of the latter when you
list, and eat no meat but dry roasted
Mutton, Capon, Rabbet, without
Salt, and not basted, but to your
breakfast, a poached Egg, no bread,
but Bisket, or dried crust, and at
night Raisins of the Sun, and Bisket
bread, drink no other drink but this.

A Plaister to heal any Sore.

Take of Sage, Hearb-grace, of
each alike quantity, Ribwort, Plan-
tain

94 *A Choice Manual*, or,
tain and Dasie roots, more than
halt so much of each of them, with
Wax, fresh Grease, and Resin, make
it a Salve, if the flesh grow proud,
then put alwayes upon the Plaister,
before you lay it to the sore, burnt
Allum, and it will correct the flesh.

To cause a woman to have her sickness.

Take Egrimony, Motherwort,
Avens and Parsly, shred them small
with oatmeal, make Potrage of them
with Pork, let her eat the Potrage,
but not the Pork.

For the Stone.

Take the green weed of the Sea,
which is brought with Oysters, wash
it, and dry it to powder, drink it with
Malmsey fasting.

To kill worms.

Take Aloe succatrina two ounces,
let it stand in a quart of Malmsey
eight hours, drink it morning and
evening.

al, or, Rave Secrets in Physick. 95

For a bot Rheum in the Head.

Take Rose water, Vinegar, and
Sallade oil, mix them well together,
and lay it to the head warm.

For a Lask.

Take the nether jaw of a Pike,
beat it to powder and drink it.

sickness.

For an Itch or any scurf of the Body.

Take Elecampane roots or leaves,
stamp them, and fry them with fresh
Grease, strain it into a dish, and an-
oint the Patient.

For one that is bruised with a fall.

Take Horse dung, and Sheeps
suet, boil them together and apply it
to the same place, being laid upon a
cloth.

For the Emerhoides.

Take Heps and Vinegar, fry
them together, and put it into a little
bag, and lay it as hot as it may be
endured to the Fundament, divers
bags one after another, and let one
continue at it.

For

For

96 *A Choice Manual, or,*

For one that is burned with Gun- powder or otherwise.

Take one handfull of Groundsel, twelve heads of Housleek, one pise of Goose dung, as much Chickens dung, of the newest that may be gotten, stamp the Hearbs as small as you can, then put the dung into a mortar, temper them together with a pottle of Bores grease, labour them together half an hour, and strain it through a Canvas bag with a cleft stick into an earthen pan, and use it when need requireth, it will last two year.

To heal a prick with a Nail or Thorn.

Take two handfulls of Celendine, as much Orpen, cut it small, and boll it with oil olive & unwrought Wax, then strain it and use it.

To stop the bleeding of a cut or wound.

Take Hop stamp it, and put it into the wound, if Hop will not do

with Gum. do it, then put to it Vinegar with
the Hop.

roundsel, *For a Scald.*

one pinte *Take the leaves of ground Ivle;
Chickens three handfuls, Houfleeke one hand-
y be got- ful; wash them, and stamp them in a
small as stone Morter very small, and as you
ing into a stamp them, put in a pint of cream
her with by little and little, then strain it, and
our them put it in a pot with a feather, take of
strain it this and annoint the scalded place,
th a clef and then wet a linnen cloth in the
nd use it same ointment, and lay it on the
last two place, and over that roul other
clo hes.

r Thorn. *An Ointment for a Tetter.*

endine, Take *Sal armoniack* one ounce,
ll, and beat it into fine powder, then mix it
vrought with Sope, and fresh grease, of each
two ounces, make an ointment and
annoint the place.

wound. *For the fixing in the head.*

put it Take one Onion, cut out the core,
ill not and fill that place with the powder
do of Cummin, and the juce of Rue,
set on the top again, and roast the
Onion

98 *A Choice Manual, or*
Onion in embers, then put away the
outside and put it in a cloth, wring
out the juice, take black wool and dip
it in, put this into thine ear where
the singing is, and if it be on both
sides, then serve one after another.

*A Drink for one that is weak, and
misdoubting a Consumption.*

Take three handfuls of Rosema-
ry, bruise it a little, and close it in
paste, bake it in an Oven untill it be
well dried. then cut the paste, and
take forth the Rosemary, infuse it in
two quarts of claret wine, with two
ounces of good Triacle, one ounce
of Nutmegs, of Cinnamon, and
Ginger of each half an ounce bruil-
ed, let them stand infused two nights
and one day, then distil it in a Lim-
beck, drink hereof one spoonful or
two next your heart.

A Drink for the Plague.

Take red Sage, Hearb-grace,
Elder leaves, red Brler leaves, of
each one handful, stamp them and
strain

Strain them with a quart of white wine, and then put to it *Aqua vita* and Ginger, drink hereof every morning one spoonful, nine mornings together, & it will preserve you, For a bruise or Stitch.

Take the kernels of Walnuts and small Nuts, Figs, Rue, of each one handfull, white Salt the quantity of one Walnut, one race of Ginger, one spoonful of Honey, beat them all together very fine, and eat of it three or four times every day, make a plaister of it, and lay it to the place grieved.

A drink for one that hath a Rupture.

Take Comfrey one good handfull, wild Daffie roots as much, and the like of knotted grass, stamp all these together, and strain it with Malmsey, and give it to the Patient to drink morning and evening nine daies blood-warm; If it be a man that hath been long so, he must lie nine dayes upon his back, and stir as little as he can. If he be a child

child, he must be kept so much lying till he be
 ing as you may for nine dayes, if excellen
 you think the drink too strong for at the
 the child, give it him but five dayes
 in Malmsey, and the rest in stale
 Ale; have care that the party have a
 good Truss, and keep him trussed
 one whole year at the least.

A Plaister for a Rupture.

Take the juyce of Comfrey, wild
 Daisie roots, and knotted grasse, of
 each a like quantity, fresh butter and
 unwrought Wax, of each alike
 quantity, cleane them severally, then
 take of the roots of Comfrey, dry k,
 and make powder of it; take the pou-
 der of Annise-seed, and Cummin
 seed, but twice as much Cummin
 seed, as Annise-seed, boil these pou-
 ders in the Butter and unwrought
 Wax on a soft fire a good while, then
 put in your juyce, let it boil a walm
 or two,, so take it from the fire, stir it
 altogether till it be cold, take hereof
 and spread it, and lay it to his Cods
 as hot as he can suffer it, and use this
 still

Rare Secrets in Physick. 101
till he be whole: this plaister is most
excellent for a Child that is burst
at the Navil.

G R A T I O S A C U R A.

A Water for a Cut or a Sore.

Take Honey suckle the knots nipt
off, flowers of Celendine, flowers of
red Sage, of each three spoonfuls,
Five-finger, Comphery such as is to
knit bones, Daisies with the roots
thereon, Ladder of Heaven, blos-
somes of Rosemary, Setwel, Hearb-
grace: Smallage, red Roses with the
knots on, or else red Rose cakes,
Adders-tongue of each of these one
handful, seeth all together in six gal-
lons of water that runneth towards
the East, until two gallons be sod in,
then strain them, and put to the wa-
ter three quarts of *English Honey*,
one pound of Roch Allum, one pen-
niworth of Madder, one penniworth
of long Pepper, seeth all together
until one gallon be consumed, then
cleanse the water.

For

102 *A Choise Manual, or,*
For the Wind-Collick.

Take the flowers of Walnuts, and dry them to powder, and take of them in your ale or beer, or in your broth as you like best, and it will help you.

To make a soveraign Oil of a Fox for the nummed Palsie.

Take a Fox new killed; cased, and bowelled, then put into the body, of Dill, Mugwort, Cammomil, Cam-pites, Southernwood, red Sage, Origanum, Hop, *Stæcad*, Rosemary, Costmary, Cowslip flowers, Balm, Bettony, sweet Majoram, of each a good handful, chop them small, and put thereto of the best oil of Castor, Dill, and Cammomil, of each four ounces, mix the hearbs and oils together, and strow over them *Aphro-nitum* a good handful, put them all into the Fox, and sew up his belly close, and with a quick fire roast him, and the Oil that droppeth out, is a most singular Oil for all Palsies or nummes. Approved.

To

Rare Secrets in Physick. 103

To comfort the Brain, and procure sleep.

Take brown bread crums, the quantity of one Walnut; one Nutmeg beaten to powder, one drachm of Cinnamon, put these into a Napkin, with two spoonfuls of Vinegar, four spoonfuls of Rose water, and one of womans Milk.

For the weakness in the Back.

Take the pitch of an Oxe back, put it into a pottle of water, then seeth it to a quart, then take a handful of Comfrey, one handful of knotted grass, one handful of Shepherds purse, put these into a quart of water, boil them unto a pint, with six Dates boiled therein.

For a Canker in any part of the Body.

Take Filberd, Nut leaves, Lavender cotten, Southerwood, Wormwood, Sage Woodbine leaves, sweet Bryar leaves, of each a like quantity.

F

of

104 *A Choice Mannal*, or,
of Allum, and Honey a good quan-
tity, seeth all these till they be half
sodden, wash the sore with it.

For an old bruise.

Take one spoonful of the juice
of Tansie, and as much Nip, two
penniworth of *Sperma Ceti*, put it
into a little Ale, and drink it,

Oyl of Foxes, or Badgers, for Ach-
in the joynts, the Sciatica, dis-
eases of the Sinews; and pains
of the Reins and Back.

Take a live Fox or Badger, of a
middle age, of a full body, well fed,
and fat, kill him, bowell and skin him,
some take not out his bowels, but
only his excrements in his guts,
because his guts have much grease
about them, break his bones small
that you may have all the marrow,
this done, set him a boiling in salt
Brine, and Sea water, & salt water
of each a pint and a half, of oil three
pints, of Salt three ounces, in the
end of the decoction put thereto

the

Rare Secrets in Physick. 105

the leaves of Sage, Rosemary, Dill, Organy, Majoram, and Juniper Berries, and when he is so soddē that his bones and flesh depart in sunder, strain all through a strainer, and keep it in a vessel to make Linaments for the ach in the joynts, the Sclatica, diseases of the Sinewes, and pains of the reins and back.

To make the Leaden Plaister.

Take two pound and four ounces of oil Olive of the best, of good red Lead one pound, white lead one pound well beaten to dust, twelve ounces of Spanish Sope, and incorporate all these well together in an earthen pot, well glazed before you put them to boill, and when they are well incorporated, that the Sope cometh upward, put it upon a small fire of coales, continuing the fire for the space of one hour and a half, still stirring it with an Iron Ball upon the end of a stick, then make the fire somewhat bigger, un-

106 *A Choice Manual* or,

till the redness be turned Into gray colour, but you must not leave stirring till the matter be turned into the colour of oil, or somewhat darker, then drop of it upon a wooden trencher, and if it cleave not to the finger it is enough, then make it up in scrouls, it will keep twenty years, the older the better.

The vertue of the Plaister.

The same being laid upon the stomack provoketh appetite, it taketh away any griet in the stomack, being laid on the belly is a present remedy for the Chollick, and laid unto the reins of the back, it is good for the bloody flux, running of the Reins, the heat of the Kidnies, and weakness of the Back, the same healeth all swellings, bruises, and taketh away ach, it breaks Felons, pushes, and other Imposthumes, and healeth them, the same draweth out any running humour, without breaking the skin, and being applied to the fundament, it healeth any
disease

disease here growing, being laid on the head is good for the Ulvula, it helpeth the head-ach, and is good for the eyes,

For a pricking of a Thorn.

Take fine Wheat flour boulded, temper it with Wine, and seeth it thick, lay it hot to the sore.

A Medicine for the Plague.

Take a pint of Malmsey, and burn it well; then take about six spoonfulls thereof, and put to the quantity of a Nutmeg of good Triacle, and so much spice grains beaten as you can take up with the tops of your two fingers, mix it together, and let the party sick drink it bloud warm, if he be infected it will procure him to cast, which if he do, give him as much more, and so still again and again, observing still some quantity till the party leave casting, and so after he will be well, if he cast not at all, once taking it is enough, and probably it is not the sickness; after the party hath left

F 3

casting.

108 *A Choice Manual*, or,
casting, it is good to take a compe-
rent draught of burnt Malmſie a-
lone with Triacle and Grains, it
will comfort much.

Another Medicine for the Plague,

Take of Setwel grated one root,
of Jane Triacle two spoonfuls, of
Wine Vinegar three spoonfuls, of
fair water three spoonfuls, make all
these more then Luke warm, and
drink them off at once well steeped
together, sweat after this six or seven
hours, and it will bring forth the
Plague sore.

To break the Plague Sore.

Lay a roasted Onion, also seeth a
white Lilly root in milk, till it be as
thick as a Poultice: and lay it to the
same, if these fail, launce the
sore, and so draw it and heal it with
salves for botches, or Biles.

*To make a Salve to dress any
Wound.*

Take Rosin and Wax of each
half a pound, of Deer Suet, and
Franincense of each one quarter
of

Rare Secrets in Physick. 109

of a pound, of Mastick in powder one ounce, boll all these in a pint of white Wine half an hour with a soft fire, and stir it in the boiling that it run not over, then take it from the fire, and put thereto half an ounce of Camphire in powder, when it is almost cold, put thereto one quarter of a pound of Turpentine, after all these be mingled together, then put it into white Wine; and wash it as you wash Butter, and then as it cools make it up in rouls.

A most excellent water for sore Eyes.

Take a quart of Spring water, set it upon the fire in an earthen Pipkin, then put into it three spoonfuls of white Salt, and one spoonful of white Coperas, then boil them a quarter of an hour, scum it as it doth boil, then strain it through a fine linnen cloath, and keep it for your use.

When you take it you must lie

110 *A Choice Manual*, or,
down upon the bed, and drop two
drops of it into your eye, so rest one
quarter of an hour, not wiping your
eyes, and use it as often as need
shall require

If the eye have any Pearle or Film
growing upon it, then take a hand-
ful of red double Daisie leaves, and
stamp them and strain them through
a linnen cloath, and drop thereof one
drop into your eye, using it three
times.

A Plaister for one that is Bruised.

Take half a pint of Sallade Oil,
or Neats-foot Oil, half a pint of
English Honey, two or three penni-
worth of Turpentine, a good quan-
tity of Hogs grease, two or three
penniworth of *Bole Armoniack*,
half a pint of strong Wine vinegar,
half a dozen of Eggshells, and all
beaten very small, one handful of
white Salt, put all these together
into an earthen pot, and stir and
mingle them together exceeding
well, then as much Bean flower, or
Wheat

Rare Secrets in Physick III

Wheat flower as will thicken it plaisterwise, then with your hand strike it on the grieved place once a day, and by Gods help it will ease any sore that cometh by means of striking, wrinching, bruising, or other kind of Swelling that proceedeth of evil humors.

Balm water for a Surfeit.

Take two gallons of strong Ale, and one quart of Sack, take four pound of young Balmleaves, and shred them, then take one pound of Annise-seeds, and as much Liquorice beaten to powder, put them all into the Ale and Sack to steep twelve hours, put it into a Limbeck, and so still it, it is good for a Surfeit of choler, for to comfort the heart, and for an Ague.

*A Restorative Water in sickness,
the Patient being weak.*

Take three pints of very good new milk, & put thereto one pint of very good red Wine, the yolks of 2 or 3 Eggs, and beat them together, that

F 5

done,

112 *A Choice Manual*, or,
done, put in as much fine Manchet
as shall suck up the Milk and Wine,
then put the same into a fair Stillat-
ory, and still it with a soaking fire,
and take a spoonful of this water in
your Pottage or drink, and this in
one or two moneths will prevent the
Consumption.

*To make a Caudle to prevent the
Lask.*

Take half a pound of unblanched
Almonds, stamp them, and strain
it into a quart of Ale, and set it on
the fire, then take the yolks of four
Eggs, and make it for a Caudle, and
season it with a good quantity of
Cinnamon and Sugar, and eat it e-
very morning at breakfast.

*For one that cannot make water,
and to break the stone.*

Pare a Reddish root, and slice
it then, and put it into a pint of
white Wine, and let it infuse six or
seven houres, then strain it, and set
it on the fire; and put thereto one
Pilly root, and one spoonful of
Parsley

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Rare Recrets in Physick. 113

Parsly seed, and half a handfvl of Pellitory of the wall, and seeth it until half be wasted, and give it luke warm to drink.

A Diet against Melancholly.

Take Sene eight ounces, Rubarb six drachms, Pollpody of the Oak, Sarsaparilla, and Maeder roots, of each four ounces, Annise-seeds. Fennel seeds, *Epithymum*, of each one ounce, Mace, Cloves, and Nutmeg, of each two ounces, Egrimony, Scabios, and red Dock roots of each one handful; make them all small, and put it into a long narrow bag or boulder, hang it in a vessel of Ale that containeth six gallons, when it is a week old, drink it morning and evening for the space of one fortnight, keep you all that time warm, and a good diet.

A Sirrup to open the Liver.

Take Lungwort, Maidenhair, Egrimony, Scabios, of each one handful, Chamepitis, Hysop, of
each

114 *A Choice Manual*, or,
each a dozen Crops, Endive, and
Succory, of each three or four leaves,
of young Fennel and Parsly, of each
one root, one stick of Liquorice,
one spoonful of Barberries clean
washed, one spoonful of Annise-
seeds, twenty raisins of the Sun
stoned. boile all these in a pottle of
Water to a quart, then strain it, and
put thereto of the best Sugar one
quarrer of a pound, Conserve of vi-
olats one ounce, and so boile it as
long as any Scum ariseth, then strain
it again, and use this very warm.

For one that cannot make water.

Take the seeds of Parsly, of red
Fennel, of Saxifrage, of Carra-
wairs, of the kernel of Hip berries,
of each a like quantity, put in some
pouder of Jet, mingle these, being
beaten to pouder, well together, and
drink it in stale Ale luke warm.

To make Aqua Composita.

Take of Annise-seeds and Li-
quorice bruised, of eace half a
pound

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Rare Secrets in Physick 115
pound, Thyme, and Fennel, of
each half a handful, Calamint two
handfuls, Coriander, and Carra-
way seeds bruised of each two oun-
ces, Rosemary, and Sage of each
half a handful, infuse these a whole
night in three gallons of red Wine
or strong Ale, then still it in a Lim-
beck with a soft fire.

An Ointment for a Swelling.

Take of Marsh Mallous, of
Wormwood, of Smallage, of each
one handful, boil it with one pound
of the grease of a barrow Hog un-
till it be very green, then strain it
and keep it very close. *Lady Paw-*
let.

A Plaister for the Back.

Take halt a pint of Oile of Ro-
ses, four ounces of white Lead
ground into fine powder, put your
Oyl into a clean Posnet, and set
it on the fire, and when it is warm
put in your white Lead, ever stir-
ring it, then put into it of your
Wax one quarter, stir it until it
be

116 *A Choice Manual*, or,
be black, then take it from the fire,
and in the cooling put thereto two
penniworth of Camphire, of white
Sanders, and yellow Sanders, of
each the weight of four pence, fine
Bole and *Terra sigillata*, of each two
penny weight, in fine powder all, still
stirring it till it be almost cold, and
so make it up in rous: use it as need
requires, for all weakness, wasting,
or heat in the Kidneyes. *Cranish*,

To make Oil of Swallowes.

Take one handful of Mother-
Thyme, of Lavender-cotten, and
Strawberry leaves, of each alike,
four Swallowes, feathers and alto-
gether well bruised, three ounces
of Sallade oil, beat the Hearbs, and
the Swallows, feathers and alto-
gether, until they be so small that you
can see no feathers, then put in the
oyle, and stir them well together,
and seeth them in a posnet, and
strain them through a canvas cloath,
and so keep it for you use.

are Secrets in Physick. 117

For a Thorn, Fellon or Prick.

Take the juice of Fetherfew, of mallage, of each one saucer full, put to it as much of Wheat flower, as will make it somewhat thick, and put to it of good black Sope the quantity of a Walnut, mingle them together, and lay them to the sore.

A drink for one that hath a Rupture.

Take the Comfit, otherwise called Boneseel, a pretty handful, of Woodbitten as much, Bread, Plantain, and leaves of Cammock, somewhat more then a handful, of Vervain as much as of the Cammock, of Daisie roots a small quantity, of elder tops, or young buds, the least quantity, stamp all these together and put unto them, being stamped one pint of pure white Wine, then strain it and drink of it morning and evening, one hour or more before breakfast or Supper, a good draught blood-warm.

If

118 *A Choice Manual, or, Rare*

If it be a sucking Child, let the Nurse drink posset-Ale of the afore-said drink, and let the Child suck immediately, if he be an old body let him take it lying in his bed nine dayes, if it may be conveniently, or otherwile to use no straining.

For a Lask or Flux.

Take one quart of red Wine, as much running water, one ounce of Cinnamon, seeth these half away, and give the Patient six spoonfuls to drink morning and evening, if you think it be too harsh put in a piece of Sugar.

A Lotion Water for the Canker.

Take one gallon of pure Water, four handfals of Woodbine, of Marigolds, and Tetsul, of each two handfals, of Celendine, Rue, Sage, and Egrimony, of each one handful, boil all these to a quart, then strain it, and put thereto two great spoonfuls of the best English Honey, and one ounce of Roch
Allum

Let the Allum, boile them all again as long
as any scum ariseth, then take it off,
and put it in a close bottle, and use
it bloud warm when need requireth
nine
ly, or

For the Mother.

Take three or four hannfuls of
fern that groweth upon a heuse,
seeth it in Renish Wine till it be well
sodden, then put it in a linnen cloth,
and lay it to her Navel, as hot
as she may suffer it, four or five
times.

A Water for all old Sores.

Take Honey suckles, water Be-
ony, Rosemary, Sage, Violet leaves,
Elder leaves, cut them all small to-
gether, and seeth them in a quart of
running water, put thereto two
spoonfuls of Honey, and a little
Allum.

*For one that hath a great heat in his
Temples, or that cannot sleep:*

Take the juice of Houslecek, and
of Lettice, of each one spoonful, of
womans

120 *A Choice Manual*, or,
womans Milk six spoonfuls, put
thom together, and set them upon a
Chafing-dish of coals, and put
thereto a piece of Rose-cake, and lay
it to your Temples.

To queneh or slack your Thirst.

Take one quart of running wa-
ter out of the brook, seeth it, and
scum it, put thereto five or six
spoonfuls of Vinegar, a good quan-
tity of Sugar and Cinnamon, three
or four Cloves bruised, drink it
luke-warm.

*For one that hath a great heat in his
hands and stomack.*

Take four Eggs, roast them
hard, peel them, lay them in Vine-
gar three or four hours, then let
the sick man, hold on either hand
one of them, and after some space
change them and take the other, and
it will allay the heat.

*Against all aches especially of a
Womans breast.*

Take Milk and Rose-leaves, and
set them on the fire, and put thereto

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Rare Secrets in Physick. 121

Oatmeal, and Oyl of Roses, boile them till they be thick, and lay it hot under the sore, and renew it so that it be alwayes hot.

For the Ptisick and dry Cough.

Take the Lungs of a Fox, beat them to powder, take of Liquorice and Sugar-candy a good quantity, a small quantity of Cummin, mix these all well together, and put them in a bladder, and eat of it as often as you think good in a day.

To take away Warts.

Take Snails that have shels, prick them, and with the iulce that cometh from them, rub the Wart every day for the space of seven or eight daies and it will destroy them

A perfect water for the sight.

Take Sage, Fennel, Vervain, Betony, Eyebright, Pimpernel, Cinquetoil, and Hearbgrace, lay all these in white Wine one night, still it in a stillatory of glass, this Water did restore the sight of one that was blind three years before.

To

122 *A Choice Manual, or,*
To restore the hearing.

Take Rue, Rosemary, Sage, Ver-
vain, Majoram, of each one handfull,
of Cammomil two handfulls, stamp
them, and mould them in Rye
dough, make thereof one loaf, bake
it as other bread, and when it is ba-
ked break it in the midlt, and as hot
as may be suffered bind it to your
eares, and keep them warme and close
one day or more, after it be taken
away, for bear ye to take cold.

For a Fellon in the Joynts.

Take Rue, Featherfew, Bores
grease, Leaven, Salt, Honey, six
leaves of Sage, shred them altogether
small, then beat them together, and
lay it to the sore place.

*To comfort the Brains, and to pro-
cure sleep.*

Take a red Rosecake, three
Spoonfulls of white Wine Vinegar,
the white of one Egg, three spoon-
fulls

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, or, *Rare Secrets in Physick.* 123

, Ver- fuls of Womans milk, set all these
ndful, on a Chafing dish of coals, heat
stamp them, and lay the Rose cake upon
Rye the dish, and let them heat together,
bake then take one Nurmeg, and strew
is ba- it on the Cake, then put it betwixt
as hot two cloaths, and lay it to your
your forehead as warm as you may suf-
d close fer it.

taken *A Medicine for a sore head with a
Scald.*

Take one peck of Shoo-makers
shreds, set them over the fire in a
Brass pan, put water to them, and
bores seech them so long as any Oil will
, fix arise, and evermore be scumming
ether off the Oyle, then take Plantain,
and Ribwort, Housleek leaves, ground
Ivy, knotted grass, wild Borrage,
Tu san, Hearb Bennet, Smallage,
Setwel leaves, of every one a like
pro- quantity, & beat them in a mortar
and strain them, then take halfa
three penniworth of Rosin, half a penni-
gar, worth of Allum, a little Virgins
non- Wax, beat them and put them in
fuls to

124 *A Choice Manual*, or

to a pan, and set it over the fire, put
thereto the Hearbs and the Oyle
let them seeth till all be melted, then
strain them into a pan, and stirre
them till they be cold, and put it in
to a box for your use, when you
dresse your head, heat a little in a
saucer, annoint it every day twice,
pull out the hairs that stand upright,
and with a linnen cloath wipe away
the corruption.

*A Salve for a green Wound, or
old Sore.*

Take the leaves of green To-
bacco two pounds, of Valerian two
pound, beat them very small, then
strain them, and take the juyce
thereof, put one pound of yellow
Wax, one pound of Rosin, one
pound of Deer Suet, boil them to-
gether till they be very green, and
when it is cold, put to it a quarter
of a pound of Turpentine, and keep
it for your use.

Rare Secrets in Physick. 125

For the running of the Reins.

Approved.

Take the Roes of red Herrings, dry them upon the coals till they will beat to powder, then give it to the patient to drink in the morning fasting, as much as will lye upon a shilling in five spoonfuls of Ale or Wine, be he never so weak.

For the burning and pricking in the Soles of the Feet.

Take half a pound of Barrows grease, two handfuls of Mugwort chopped very small, boil it with the Barrows grease upon a lost fire by the space of four hours, then straine it from the Mugwort, and put it up in an earthen thing for your use, and annoint your feet as you go to bed:

A Medicine for any heat, burning, or scalding: Approved.

Take half a pint of the best Cream you can get, and set in a fair Posnet, upon the fire, then take two good handfuls of Dalsie roots, leaves

126 *A Choice Mannal*, or, R
leaves and all, clean washed, and so
very finely shred, put them into the I
same posnet, and boil it upon the
fire, until it be a clear ointment, of a
then strain it through a cloath, and black
keep it for you use. one

To make *Aqua Composita* to drink
for a Surfeit, or a cold stomack, and these
to avoid Flegm, and glut from sto- the
mack. plaist

Take one handful of Rosemary, can,
one good root of Elecampane, one
handful of Hop, half a handful of A
Thyme half a handful of Sage, R
six good crops of red Mints, and as
much of Penniroyal, half a hand- T
ful of Harehound, six crops of Rose-
Majoram, two cunces of Liquorice each a
well bruised, and so much of An- egar,
nise-seeds, then take three gallons of Water
strong Ale, and put all the aforesaid temper
things, Ale and Hearbs, into a brass plaiste
pot, then set them upon the fire, and of Terr
set your Limbeck upon it, and stop Wat
it close with paste, that there come abou
no aire out, and so keep it with a Tak
soft

and soft fire, as other *Aqua vita*.

For an *Ach* in the *Foynts*.

Take clarified Butter a quarter of a pound, of Cummin one pound, black Sope a quarter of a pound, one handfull of Kue, sheeps suet two ounces, Bay salt one spoonful, bray these together, then fry them with the gall of an Ox: spread it on a plaister, and lay it on as hot as you can, and let it lye seven dayes.

A Plaister to lay to the Head, for a Rheum which runneth at the eyes.

Take the Pouder of Rose leaves Rose-water, and Bettony-water, of each a like quantity, and a little Vinegar, put your pouders into the Water and Vinegar, still them and temper them, and make them in a plaister, and put to it a little powder of *Terra sigillata*.

Water to be used with the Plaister above said for the same purpose.

Take one quart of new Milk;

128 *A Choice Manual*, or,
two pound of green Fennel, a quar-
ter of a pound of Eye-bright, put the
herbs and milk into a Stillatory,
cast half an ounce of Camphire
thereon, and with this water wash
your eyes and temples.

For the Emeroids, approved.

Take a piece of tawny cloath, burn
it in a Frying pan to powder, then
beat it in a mortar as fine as may
be, searce it, then lay it on a brown
paper, and with spittle make it plai-
sterwise, and lay it to the place, and
truss it up with cloathes.

To Break any sore.

Take hot bread to the quantity of
a farthing loaf, grate it, put thereto
Sallade oyl three or four spoonfuls,
and a pint of Milk, and seeth them
together to a good thickness, spread
it in a cloath, and lay it to the sore
In steed of Sallade Oyl you may use
Deer suet.

Rare Secrets in Physick. 129

*A Bath for an Ach in the Back
and Limbs.*

Take Mugwort, Vervain, Fether-
few, Dill, Rosemary, Burnet, Tun-
hoof, Horehound, and white Mints,
Senkel, and Sage of each one hand-
ful, seeth all these in four gallons of
running-water, and let it seeth till
one gallon be wasted, then bath your
legs with it five nights together.

*A Medicine for any Joynt that
is numb with any Ach, approved.*

Take Virgin Wax one ounce,
Verdigriee half a quarter of an
ounce, Brimstone, Sope, oyl of Eggs,
of Allum, of Honey, of each a like
quantity, temper them altogether,
and lay it upon the place grieved
somewhat warm.

*A Medicine for a Fellon of any
Finger.*

Take as much Bay-salt as an Egg,
wind it in gray paper, lay it in the
embers a quarter of an hour, then
beat

130 *A Choice Manual, or,*

beat it in a Morter very fine, then take the yolk of a new laid Egg, beat it with this powder until it be very stiffe; spread it upon a cloath, lay it upon the joynt griev'd twenty four hours, and so dress it three times.

For a Boil or push.

Take the yolk of a new laid Egg a little English Honey, put it into the shell to the yolk, put in as much Wheat meal as wil make it to spread, then take one branch of Rue, and one of Fetherfew, shred them very fine, and put it to the same Medicine, stir them very well together, spread it upon a piece of leather, and lay it to the place grieved.

An Electuary to cause good digestion, and to comfort the Stomack.

Take Setwell, and Gallinal of each three slices, Nutmegs Ginger, and Cinnamon, of each two slices, three Bay berries sliced fine and

Rare Secrets in Physick. 13 I

and husked, three slices of Liquorice, half a spoonfull of Anniseeds clean dusted, one long Pepper cut small, white Pepper six graines, as much black pepper, beat them all into a grosse powder, then put thereto two grains of Musk, one grain of Ambergreece, then take Mint-water and Sugar, boill them together, and when they are come to the right perfection of thickeesse, put in those pouders above mentioned in the cooling with a little Conserve of Rosemary flours, of this take the quantity of a Nutmeg, half an hour before you eat or drink at meals.

A Pouder for the Rheum or sore Eyes.

Boill one pint of Hop-water, made when the Hop is in the flour, till it be scalding hot, then put into it half a pound of Liquorice in very fine powder, the water being taken from the fire, for the Liquorice must not boill in the Water, stir them together

132 *A Choice Mannal*, or,
ther till the water be clean consumed, then add to them of Annise-seeds, and Fennel-seeds, of each half a pound made into very fine powder through a Searce, Angelica roots, Elicampane roots, and leaves, and flowers, of Eyebright made into very fine powder, of each one ounce and a half, mingle these together and so keep it close, and when you eat of this powder, weigh out of the whole quantity two ounces, whereunto add as much good *Aquavitæ* as will molsten it, Angelica-water, or *Rosa solis*, to keep it from being musty, set it near the fire, eat of these pouders at any time as much as you may take up with a groat, and it is speciall good for the Rheum, for cold, or for sore eye. Mr. Benlow.

A Salve for any wound.

Take Rosin, Perrosin, Wax, of each eight ounces, of Sheeps Suet and Frakincense, of each four ounces

Rare Secrets in Physick, 133

ounces, one ounce of Mastick made in powder, boil all these in a pint of white Wine half an hour, then take it from the fire, and put thereto half an ounce of Camphire in powder, when it is almost cold put thereto four ounces of Turpentine, and make it up in rouls, but before it be rouled you must wash it up in running water, A. T.

How to deliver a Child in danger.

Take a Date stone, beat into powder, let the Woman drink it with wine, then take Polipody and emplaister it to her feet, and the Child will come whether it be quick or dead, then take Centory, green or dry, give it the Woman to drink in wine, give her also the Milk of another Woman.

A most Singular Sirrup for the Lungs and to prevent a Consumption.

Take Egrimony, Scabios, Borrage, Buglosse, of each twenty leaves, Fole-foot, Lungwort, Maiden

134 *A Choice Manual*, or,
Maiden-hair, of each half a handful,
Succory and Endive, of each six
leaves, of *Carduus benedictus*, Hore-
hound, Nip, of each four crops, un-
set Hop half a handful, Fennel
roots, Parsly roots, Smallage roots,
of each three roots sliced, and the
piths taken out, Elecampane four
roots sliced, Iris root half an ounce
sliced, Quince seeds one ounce, Li-
quorice three good sticks scraped
and sliced small, twenty Flgs sliced,
Raisins of the Sun one good hand-
full sliced, and the stones take out,
boil all these in a gallon of running
water till half be consumed, then
take it from the fire, and let it settle,
then strain it, and boll it again with
as much white Sugar as will make it
thick as sirrupe, that it may last all
the year.

A Powder for the Stone.

Take Haws and Hips, of each
a good handful, Ashen keyes half
a handful, three or four Acorns,
tae

Rare Secrets in Physick. 135

the shels of three new laid Eggs,
Grumwell seeds, parsley seeds, of
each half an ounce, Perstone a good
handful, Camock roots half a hand-
full, make all these in fine powder,
then put thereto two ounces of Su-
gar candy beaten something small,
take a sixpenny weight of this pou-
der at a time in the morning fasting,
and drink not after it one hour.

For the Cholick and Stone.

Take one handfull of *Philippen-
dula*, of Rosemary, of Saxifrage,
of Ivy growing on the wall, of
Hearts-tongue, of Thyme, of Parsly,
of Scabios, of each four handfulls,
of Marigolds one handfull, of Ma-
joram three handfulls, of brown Fen-
nel, of Londebeefe, of Spennits,
of Borrage, of each two handfulls,
of Maiden-hair three handfulls,
still all these in *May*, keep it in a
Glas till you have need of it, then
take of it five Spoonfulls, and three
of white Wine, and of clean pou-
der

136 *A Choice Manual*, or,
der of Ginger half a spoonful, put
these together, and warm it luke-
warm, and let the Patient drink it
in the morning two hours before
he rise out of his bed, let him lay
more cloaths upon him, for it will
provoke him to sweat, after the sweat
is gone, let him rise and walk whi-
ther he will.

*A good water to drink with Wine,
or without to cool Choler.*

Take Borrage roots, and Succory
roots, of each two, wash and scrape
them fair and clean, and take out
their cores, then take an earthen pot
of two gallons, fill it with fair spring
water, set it on a fire of Charcoal,
put the roots in it, and eight penny-
worth of Cinnamon; when it be-
ginneth to seeth, put into four
ounces of fine Sugar, and let it seeth
half an hour, then take it off, let it
cool, and drink thereof at your
pleasure.

How

Rare Secrets in Physick. 137

How to make Aqua Composita for the Cholick and Stone.

Take strong Ale one month old, as many gallons as your pot will hold, and for every gallon take two ounces of Liquorice, and as much Annise-seeds, and of these Hearbs following two hand fulls of each to every gallon, of Birch-leaves, Burnet, Rasphere, Pellitory of the wall, Watercresses, Saxafrage, Grumwel, Philipendula, Peny-royall, Fennel, half a root of Elicampain, of Hawes of Hips, of Berries, of Brambles, and Barberries, of each half a pint, distill them as you do other *Aqua-vita*.

A Medicine for the Collick passion.

Take the smooth leaves of Holly, dry them, and make them into powder, of Grumwell seed and Box-seed of each a little quantity, let the Patient drink thereof.

How to take away the fervent shaking and burning of an Ague.

Take of the rind of the Wilding

tree

138 *A Choice Manual*, or,
tree, with the leaves in Summer, of
each a handfull, as much Ber-
tony, three crops of Rosemary, seeth
them in a quart of posset-Ale to a
pint, and let the sick drink of this as
thor as he can, and so within three
dayes it will ease him.

*For the hardnesse or stiffnesse of
Sinews.*

Take twelve fledg'd Swallows
out of the nest, kill them, beat them
feathers and all in a Morter, with
Thyme, Rosemary and Hop, then
seeth them with May butter a good
while, then straine them through a
strainer as hard as you can, and it
will be an Ointment, take the strings
that grow out of the Strawberries,
and beat them amongst the rest.

How to stay the Flux.

Take white Starch made of wheat
two or three spoonfulls, and take also
new Milk from the Cow, stir these
together, and let them be warmed a
little, and give it to the party grie-
ved

ved in manner of a glister, a present remedy.

An approved medicine for the Plague called the Philo; others Egg, it is a most excellent preservative against all poysons, and dangerous Diseases that draw toward the Heart.

Take a new laid Egg, and break a hole so broad as you may take out the white clean from the yolk, then take one ounce of Saffron and mingle it with the yolk, but be careful you break not the shell, then cover it with another piece of shell so close as is possible, then take an earthen pot with a close cover, with warm embers, so that he shall be not burned, and as those embers do cool, so put in more hot; and do so for the space of two dayes unill you think it to be dry, for proof whereof you shall put in a pen, and if it come out dry it is well, then take the Egg and wipe it very clean, then pare the shell from the Saffron, and set it before

140 *A Choice Manual*, or, *Rav*
before the fire, and let it be warm *n a*
then beat it in a Morter very fine *and h*
and put it in by it self, then take as *perfe*
much white Mustard seed as the *ry in*
Egg and Saffron, and grind it as *to it*
small as meal, then searce it through *ears*
a fine Boulter, that you may save
the quantity of the Egg so searced,
then take a quarter of an ounce of *Fl*
Dittany roots, as much Tnr- *the p*
mentil, of *Nuces Vomica* one *is he*
drachm, let them be dryed by the *be he*
fire as aforesaid, then stamp these *of thi*
three last severally, very fine in a *fine T*
Morter, then mix them three well *if it*
together, after that take, as a *ake l*
thing most needful, the root of *ed to*
Angelica and Pimpernel, of each *with*
the weight of sixpence, make them *ry w*
to powder, and mix them with the *warm*
rest, then compound therewith five *ut if*
or six scruples of Unicorns Horn, or *it him*
for want thereof Harts Horn, and *water*
take as much weight as all these *and v*
fine powders come to, of fine *let his*
cle, and stamp it with the powders *ut of*
in

or, *Rare Secrets in Physick.* 141
arm in a Morter until it be well mixt
fine and hang to the pestle, and then it is
ke as perfectly made, then put the Electu-
the ry in a stone pot, well nealed, and
it as so it will continue twenty or thirty
ough years, and the longer the better.

How to use this Electuary.

First, when one is infected with
the pestilence, let him take so soon
as he can, or ever the disease infect
the heart, one crown weight in gold
of this Electuary, and so much of
a Treacle, if it be for a man, but
if it shall be for a woman or child
as ake less, and let them be well mix-
ed together, and if the disease come
with cold, give him the Electu-
ary with half a pint of white Wine
warmed, and well mixed together.
But if it come with heat then give
him with Plainain Water, or well
water, and Vinegar mixed together
and when he hath drunk the same,
let him go to his naked bed, and
put off his shirt, and cover him
in warm

142 *A Choice Manual, or, Iare*
warm. but let his bed be well warm-able
ed first, and a hot double sheeted,
wrapped about him, and so le him or bro
sweat seven, eight, or ten hours, as soe-w
he is able to endure, for the mored pu
he doth sweat the better, because the ev
disease fadeth away with the (sweat), an
but if he cannot sweat, then heaund i
two or three Bricks or Tiles, and is in
wrap them in moist cloathes wend take
with water and salt, and lay them fain
by his sides in the bed, and they need
will cause him to sweat, and as heink w
sweateth, let it be wiped from him let
body with dry hot clothes being his k
conveyed into the bed, and his sweat offe,
being ended, shift him into a warm ecia
bed with a warm shirt, and all freshes a
new clothes, using him very warilyd eve
for taking of cold, and let his clothes be of
that he did sweat in be well alred Con
and washed, for they be infectious, eat a
and let the keepers of the sick beware of
of the breath or air of the partye the
In the time of his sweating, there-lectua
fore let her muffle her self with all ke
double

warm-able old cloth, wherein is Worm-
sneewood, Rue, Ferberfew, crumbs of
himar bread and Vinegar, and a little
rs, as ale-water, beat all these together,
mored put it into the muffler, made
fethew every day while you do keep
wear, and let the sick party have of it
heavund in a cloath to smell on while
, and is in wear, then after do it away
s wend take a new; and because he shall
them faint and distempered after his
d theynesse he shall eat no flesh, nor
as heink wile the space of nine days,
m his let him use these conservatives
being his health, as Conserve of Bu-
sweatoffe, Borrage, and red Roses, and
warmecially he shall drink three or four
d freshes after he hath sweat, morning
varilyd evening, three ounces of the
lothesee of Sorrel mixed with an ounce
alred Conserve of Sorrel, and so use
ious, eat and drink whatsoever is com-
wareable for the heart, also if one
partye the quantity of a pea of the said
here-lectuary with some good Wine, it
withall keep him from the infection,
ouble therefore

144 *A Choice Mannal, or,* Ra
therefore when one is sick In the Pen
house of the plague, then so soon as of
you can give all the whole household ces
some of this Receit to drink, and nar
his keeper also, and it shall preserve into
them from the infection, yet keep wel
the whole from the sick as much as then
you can, beware of the cloaths and with
bed that the sick party did sweat in. ter,
To make Balm water. good

Take four gallons of strong Ale
and stale, half a pound of Liquo- A
rice, two pound of Balm, two oun- T
ces of Figs, half a pound of Annise-
seeds, one ounce of Nutmegs, shred unwa
the Balm and Figs very small, and ter th
let them stand steeped four & twen- a sta
ty hours and then put it in a still asake
you use *Aquevita* put i

To make Docter Stevens water. tops

Take one gallon of good Gasbe me
coin Wine, of Ginger, Galingal, chop
Nutmegs, Grains, Annise-seeds, into t
Fennel-seeds, Carraway-seeds, Sage, boil in
Mints, red Roses, garden Thyme, then
Pellitory, Rosemary, wild Thyme, pine
Penny-

In the Penny royal, Cammomil, Lavender,
of each one handfull, bray your Spi-
ces small, and chop the hearbs before
named, and put them with the spices
into the Wine, and let it stand
twelve houres, stirring it very often,
then still it in a Limbeck, closed up
with course paste, so that no air en-
ter, keep the first water by it self, it is
good so long as it will burn.

ing Ale

liquor- *An Oyntment for any strain in the*
oun- *Joyns, or for any sore.*

nnise- Take three pound of fresh Butter
shred unwashed, and set it in an Oven af-
l, and let the bread be drawn out, and let
it stand two or three hours, then
take the clearest of the butter, and
put into a Posnet, then take the
tops of red Nettles, as much as will
be moistened with the Butter, and
chop them very small, and put them
into the Butter, set it on the fire, and
boil it softly five or six hours, and
then it is so boiled put thereto half
pint of pure oyl Olive, and then
boil

146 *A Choice Manual*, or,
boil it a very little, and take it off,
and strain it into an earthen pot,
and keep it for your use.

If you think good, in stead of
Nettels onely, you may take these
herbs, Cammomil, Rosemary, La-
vender, Tun-hoof; otherwise Ale-
hoof, Five-finger, Vervain, and
Nettle-tops

For an Ague.

Take the inner bark of a Walnut
tree, a good quantity, boil it in Beer
untill the Beer look black, and then
take a good draught and put it into
a pot, then take six spoonfuls o Sal-
lade Oil, for an exream Ague brew
it to and fro in two pots, then drink
it, and let the party labour at any
exerci ce untill he sweat, then let him
lie down upon a bead very warm
untill he hath done sweating; this
do three times when the Ague com-
eth upon him.

*A powder against the wind, in the
Stomack.*

Take Ginger, Cinnamon, and
Gal-

Or, *Rare Secrets in Physick.* 147

off, Gallinall, of each two ounces, An-
por, nise-seeds, Carraway, and Fennel-
d of seeds, of each one ounce, long Pep-
these per, Grains, Mace, and Nutmegs,
e 1 a. of each half an ounce, Setwell half a
Ale- drachm, make all in powder, and put
and thereto one pound of white Sugar,
and use this after your meat, or be-
fore at your pleasure, at all times it
comforteth the stomack marvelously,
y, carrieth away wind, and causeth
good digestion.

For a Pin or Web in the Eye.

Take the white of an Egg, beat it
to oyle, put thereto a quarter of a
poonful of English Honey, half a
handful of Daisie leaves, and in
winter the roots, half a handful of
the inner rind of a young Hazle, not
above one years growth, beat them
together in a mortar, and put there-
on one spoonful of womans Milk,
and let it stand infused two or three
daies, and strain all through a
cloth, and with a feather drop it in-
to the eye thrice a day.

For

148 *A Choice Manual, or,*
For blood shotten and sore Eyes,
coming of heat.

Take *Tutty* of *Alexandria*, or
Lapis Tutty one ounce, beat it unto
fine powder, and temper it with a
quart of white wine, put thereto
one ounce of dried *Rose* leaves, and
boill them altogether with a soft fire
until one half be consumed, then
strain it through a fine linnen cloath
and keep it in a *Glass* and use it
evening and morning, and put it in-
to the sore eyes with a feather, or
your finger.

If the *Tutty* be prepared it is the
better, which is thus done, steep the
Tutty in *Rose* water, and let it lye
half an hour, then take it forth, and
lay it on a white paper to dry, then
take it when it is dry, steep it, and dry
it again, as before, twice or thrice,
and then use it as before.

For an Ach in the Bones.

Take *Southernwood*, *Worm-*
wood, and *Bay-leaves*, of each one
handful, one *Oxe-gall*, one pint of
Neats

Rare Secrets in Physick. 149

Neats foot oyl, put all these together, and let them stand two or three dayes, and let them boyl upon a very soft fire, then put in of Deers suet a good quantity, strain them and put them in a pot, and so annoint the Patient, put to this, a good quantity of Tar, and as much Pitch as the signess of a Walnut, and of the juyce of Pimpernel a good quantity.

For Children that are troubled with an extream Cough.

Take Hyssop-water, and Fennel-water, of each half a pint, of sliced liquorice, and Sugar, of each a pretty quantity, seeth them easily over a good fire, strain it, and let them take a little hereof at once, and often you may dissolve pelletes therein, and you may annoint their chest with oyl of Almonds, and a little wax.

A Medicine for sore eyes.

Take red Fennel and Celendine, each one handful, stamp and strain

strain them, that done, take five
 Spoonfuls of Honey, and white
 Copperas the quantity of one Pea,
 Rose water five Spoonfuls, boil all
 these together in an earthen pot, C
 skim it well, and clarifie it with the y
 white of an Egg; this is an excellen
 Medicine to clear the sight of th
 eye, If there be any thing in the ey
 superfluous to hinder the sight but
 there be nothing but heat, it is no
 thing so good.

To help one that is inwardly bruised

Take of Borrage and red Sagitt
 of each a handful, stamp these to
 gether, and strain them, and pulad
 thereto as much Claret Wine as
 the juyce thereof, and let the part
 drink it warm, and If it keep with
 in him four and twenty houres
 ter he will recover, if he be bound
 in the body, let him take three
 Spoonfuls of Sirrup of Damas to
 Roses, and two Spoonfuls of Sallad
 oil, and drink it fasting, and an hour

Rare Secrets in Physick. 151
After let the party take some warm
white roth.

For the Spleen.
Take of Lavender, Fennel, Par-
sonage, Cammomile, Thyme, Worm-
wood, Angelica, of each one hand-
full, of Sage, and Rue, one hand-
full, of Annise seeds and Fenel
seeds, of each one handful, of Cum-
ber seeds two handfuls, of Cloves
four spoonfuls, and of Mace two
spoonfuls, gather these herbs in the
heat of the day, and dry them in the
sun two days, laying them very thin
on a sheet, and brusse the seed grosse-
ly, and steep them in as much
olive oyl as will cover all these
things, and somewhat more, and
leave them in the Sun ten dayes, which
being done, strain your oyl from your
herbs and your Spices, and then
boyle it once again as before with
the herbs and Spices in like manner,
then add to that oyl thus infused or
Salladined, add bitter Almonds, and
an house of Capers half a pint, then take

also

H

a

152 *A Choice Manual*, or,
a quarter of a spoonfull of the said
oyle, and put it in your hands, your
hands being warm, rub them toge-
ther, and annoint and rub the pati-
ent grieved with both your hands,
the one on the right side, the other
on the left, from the loines down to
the bottom of the belly, drawing
your hands as hard as you can, and
make them to meet at the bottom of
the belly, and continue in continu-
all rubbing about a quarter of an
hour.

For a Burning or Scald.

Take a quantity of sheeps Suet,
the white of Hen-dung, and fresh
grease, boil all these together, strain it
and anoint the party with a feather.

For the Emeroids and Piles.

Take juice of Elder, May butter,
and Deers suet, melt them, letting
the juice and the butter simmer,
and then put the suet to them, make
them into pills, and if you make
a suppositor, you must put in more
Deers suet,

For

Rare Secrets in Physick. 15.

For the Canker in the mouth or nose.

Take the alhes of green leaves of Holly, with half so much of the burnt powder of Allum, blow with a quill into the place grieved, and it will help Man, Child, or Beast.

A Remedy for the Mother.

When the fit beginneth to take them, take the powder of white Amber, and burn it in a Chafingdish of coales, and let them hold their mouths over it, and suck in the smoak, and annoint their nostrills with the oyl of Amber and if they be not with child, take two or three drops of the oyl of Amber in white Wine warm or cold, but the oyl of Amber must be taken inward but once a day, and outward as often as the Fit taketh them.

A Medicixe for the Worms.

Take one penniworth of Aloes, with the like quantity of Oxo-gall and Mithridate, mix them together, and lay them to the childs navel upon a plaister.

154 *A Choice Manual, or,
A Preservative against the Plague.*

Take one dry Walnut, take off the shell and peel, cut it small, and with a branch of Rue shred fine, and a little wine Vinegar and Salt, put all into a sliced Fig, take it up fasting, and then you may drink a little Wormwood after it, and go where you list.

A Pill for those that are infected.

Take of Aloes Succatrina half an ounce, of Myrrh, and English Saffron, of each a quarter of an ounce, beat them into small powder, with Malmsey, or a little Sack, or Dioscoridon, make two or three small pills thereof, and take them fasting.

A Poultisse to break a Plague Sore.

Take a White Lilly root, and seeth it in a penniworth of Linseed, and a pretty quantity of Barrows grease, beat the Linseed first very soft, afterwards beat all together

Rare Secrets in Physick. 155

ther in a mortar, make thereof a
plaster.

An Electuary for the Plague.

Take the weight of ten grains of
Saffron, two ounces of the kerne's
of Walnuts, two or three figs, one
drachm of Mithridate, and a few
Sage leaves stamped together, with
a sufficient quantity of Pimpernell
water, make up all these together in
a masse or lump, and keep it in a
glasse or pot for your use, take the
quantity of twelve grains fasting in
the morning, and it will not onely
preserve from the pestilence, but ex-
pel from those that are infected.

Against a Tertian Ague.

Take *Dandelion* clean washed,
stamp it and put it in Beer, and let
it stand all night in the Beer, In the
morning strain it, and put half a
Spoonfull of Triacle into it, make
it luke-warm, and let the patient
drink of it fasting upon his we'l
day, and walk upon it as long as

156 *A Choice Manual*, or,
he is able, this hath been approved
good for an Ague that cometh every
second day.

Against the wind.

Take Cummin-seeds, and steep
them in Sack four and twenty hours,
dry them by the fire, and hull them,
then take Fennel-seed, Carraway
seed, and Annise seed, beat all these
together, and take every morning
half a spoonfull in broth or beer fa-
sting.

Another.

Take Enula Campana, grate it,
and drink half a spoonfull fasting:

For the Sting of an Adder.

Take a head of Garlick, and bruise
it with some Rue, and some Honey
thereto, and if you will some Trea-
cle, and apply it to the place,

For the biting of a Dog.

Take Ragwort, chop it, and boll
it with unwasht butter to an Oint-
ment.

Rare Secrets in Physick. 157

A medicine for a Woman that hath a dead Child, or for the after birth after deliverance.

Take Date stones, dry them and beat them to powder, then take Cummin-seed, Grains and English Saffron, make them in powder, and put them altogether in like quantity, saving lesse of the Saffron then of the rest, then searce them very finely, and when need is to drink it, take a Spoonfull at once with a little Malmie, and drink it Milk-warm, It is good to bring forth a dead child, or for the after-birth, or if the Woman have any rising in her stomak, or flushing in her face during her child-birth: the Date stones with round holes in the sides are the best; If you put a quantity of white Amber beaten amongst the powder it will be better.

To make the best Paracelsus Salve.

Take the Litharge of Gold and Silver, of each three ounces, and put to it one pound and half of gold

H 4

Salade

158 *A Choice Manual*, or,
Sallade oyl, and as much of Lin-
seed oyl, put it into a large earthen
vessell well leaded of the fashion of
a milk-boul, or a great bason, set
it over a gentle fire, and keep it stir-
ring till it begin to boll, then put
to it of red lead, and of *Lapis Ca-*
Laminaris, of each half a pound, keep
it with continuall stirring, and let
it boyl two hours, or so long till it
be something thick, which you may
know by dropping a little of it upon
a cold board or stone, then take a
Skillet, and put into it a pound of
yellow wax, as much black Rosin,
half a pound of Gum Sandrach, of
yellow Amber, Olibanum, Myrrh,
of *Aloes hepatica*, of both the kinds
of *Araستolechias* round and long,
of every of these in fine powder
searced one ounce, of *Mammir* one
ounce and a half, of oyl of Bayes,
half a pound, of oyl of Juniper
six ounces, dissolve all these toge-
ther in the atoresaid Skillet, and
then put them to the former plat-
ter,

Rare Secrets in Physick. 159

ster, set it over a gentle fire : and keep it with stirring till it boyl a little. Then take your five Gums, Peppanax, Galbanum, Sapagenum, Ammoniacum, and Bdellium, of each of these three ounces, which must be dissolved in white wine Vinegar, and strained, and the Vinegar exasperated from them, before you go about the plaister let there be three ounces of each of them when they are thus prepared, then when the plaister hath gently boyled, about half the bigness of a Nutmeg at a time, continuing that order untill all the Gums be in and dissolved, then set it over the fire again, and let it boyl a very little, but before it boyl be sure that the Gums be all dissolved, for else it will run into lumps and knots, after it hath boyled a little take it from the fire again, and continue the stirring of it very carefully, and put to it these things following, being in a readinesse, take

160 *A Choice Manual*, or,
of both the Corals red and white,
of Mother of Pearl, of Dragons
bloud, of *Terra lemnia*, of white
Vitriol, of each of them one ounce,
of *Lapis hematitis*, and of the Load-
stone, of each of them one ounce
and a half, of the flour of Anti-
mony to drachms, of *Crocus Mar-
is* two drachms, of Camphire one
ounce, of common Turpentine
half a pound, mix all these together,
but first let those things that are to
be pounded be carefully done, and
fully searced, then put them altoge-
ther, among the former things, and
again set it over the fire with a mo-
derate heat, and gentle to boil, till it
be in the form of a plaister, which
you may know by dropping it on a
cold piece of wood, or stone, or iron,
you must also remember to keep
it with continuall stirring from the
beginning to the ending, when you
make it up, let your hands, and the
place you rowl it on, be anointed
with the oyl of Saint *Johns Wort*,
and

Rare Secrets in Physick 161

and of each Worms and Juniper, Cammomile and Roses together, wrap it In Parchment, or Leather, and keep it for your use.

Memorandum, That the Camphirebe dissolved in the oyl of Juniper, mix them together with the Gum Sandrach, and put them in towards the later end.

*An Oyntment for a strain in the Joints
or for any Sore.*

Take three pound of fresh Butter unwashed, and set it into an Oven after the bread be drawn out, and let it stand two or three hours, then take the clearest of the Butter and put into a posnet, then take the tops of red Nettels, and chop them very small, and put so many Nettles to the Butter, as will be moistened with the Butter, and so set it on the fire, and boil it softly five or six hours, and when it is so boyled, put thereto half a pint of the best oyle Olive, and then make
it

162 *A Choice Manual*, or,
It boyl a very little and take it off,
and strain it into an earthen pot, and
keep it for your use.

Mr. Ashleys Ointment.

Take six pound of *May* butter
unsalted, one quart of *Sallade* oyl,
four pound of *Barrows* grease, one
pound of the best *Rosin*, one
pound of *Turpentine*, half a pound
of *Frankincense*: To this rate take
these hearbs following, of each a
handfull, viz. *Smallage*, *Balma*,
Lorage, red *Sage*, *Lavender*, *La-*
vender-cotten, *Hearb-grace*, *Par-*
fley, *Comfry* called *Bonieset*, *Sorrel*,
Laurel leaves, *Beech-leaves*, *Lung-*
wort, *Majoram*, *Rosemary*, *Mai-*
lows, *Cammomile*, *Saint Johns*
wort, *Plantaine*, *Allheal*, *Chickweed*,
English Tobacco, or else *Henbane*,
Grumfel, *Woundwort*, *Bettony*, *A-*
grimony, *Cardus Benedictus*, wild
Wine, or white wine, called *Brian*,
Adders-tongue, *Mellilot*, pick all
these hearbs clean, wash them, strain
them

Rare Secrets in Physick. 163

them clean from the water, all these must be gathered after the Sun rise, then stamp all these hearbs in a stone or wooden mortar so small as possible may be, then take your Rosin and beat it to powder with your Frankincense, and melt them first alone, then put in your Butter, your Hogs grease and Oyl, and when all is melted, put in your Hearbs, and let them all boyl together half a quarter of an hour, then take it from the fire, and leave stirring of it in no wise a quarter of an hour after, and in that time that it is from the fire, put in your Turpentine, and two ounces of Verdigrease, very finely beaten to powder, and when you put in your Turpentine and Verdigrease, stir it well, or else it will run over, and so stir untill it leave boyling: Then put it in a earthen pot, stopping the pot very close with a cloath and a board on the top, and set it in a dunghill of horse muck twenty one

164 *A Choice Manual*, or,
one dayes, then take it up and put it
into a kettle, and let it boil a little,
take heed that it boyle not over,
then strain all through a course
cloth into an earthen or gally pot,
and when all is strained, put to it half
a pound of oyl of Spike, and cover
the pot close untill you use it, and
when you use it, make it warm in
Winter and use it cold in Summer.

*An approved Medicine for any Ach in
the Joints whatsoever.*

Take half a pound of Rosin, half
a pound of Frankincense, Oliba-
num, and Mastick, of each one
ounce, Wax, Deers Suet, Turpen-
tine, of each two ounces; Camphire,
two drachms, beat the Olibanum,
Mastick, Rosin, and Frankincense,
and Camphire into powder, then put
it in a brasse pan with a pottle of
white Wine, and put in the Wax,
and Deer Suet into it, and when it
doth boil put in your Turpentine,
and let it boil a quarter of an
hour,

Rare Secrets in Physick 165

hour, then take it from the fire and let it stand and cool untill the next day, then work it with your hand to work out the wine, annointing your hands first with oyl, then make it up in roulds, then as need shall serve, take thereof and spread it with a warm knife, upon a fleshy side of a Sheeps skin, and apply it warm to the grieved place, and take it not off untill it fall off of it self, pricking the plaister full of holes.

A Scarcloth to be used against Carbuncles, red Sores, Biles, wellings, or any hot causes.

Take a wine pint of pure Sallade oyl, and put into an earthen pot that is very large, and set it upon a very soft fire, of Charcoal, and when it beginneth to boil, stir it with a Hasel stick of one years shooting, then put into it two ounces of Venice Sope that is pure white, half a pound of red Lead, one quarter of a pound of white Lead, letting it boyle very softly, stirring it continually

166 *A Choice Manual*, or,
tinually with a Hazle Rick for the
space of two or three hours, you
shal know when it is boiled by this,
drop one drop thereof on a board,
and it will be itiff when it is enough,
then take it from the fire, and put
into it half an ounce of oyl of *Bays*,
then let it boyl again a little, then
let your cloathes be cut of a reason-
able size to dip them in it, then you
must have two sticks which must be
hollow in the middle to strip the
cloathes through, then lay them a-
broad untill they be cold upon a
board, then roul them up and keep
them, and when you use them, lay
them upon the place grieved, and
let them lie twelve hours, then take
it off, and wipe it, and lay the other
side, and let that lie as long.

*Plague water to be taken three times,
for the first helpeth not.*

Take a gallon of white Wine,
Ale or Beer, and to that quantity
take a quarter of a pound of each of
these

Rare Secrets in Physick. 167

these Hearbs following, Rose-water, a quarter of a pint, Rue, Sage, Ver-
vln, Egrimony, Bettony, Celendine,
Carduus, Angelica, Pimpernel,
Scabios, Valerian, Wormwood,
Dragons, Mugwort, all these
Hearbs must you shred In grosse
together, and steep it in the afore-
said liquor, the night before you
distill it in a Rosewater Still, and
then keep the first water by it self,
being the weaker, and therefore fit-
ter for Children; it helpeth all Fe-
vers, Agues and Plagues, being thus
taken, seven spoonfuls, or thereabout,
of the strongest blood warm, and
give it to the party to drink In an A-
gue or Fever, an hour before the
Fit come, and so to sweat, ei. her by
exercise, or in your bed, but your
stomack must be empty, and if it be
taken for the plague, then put it into
a little Diascordium or Mithridate.

A defensive Plaister.

Take the white of an Egg,
and

168 *A Choice Manual*, or,
and Bole Armoniack, spread it on
r.

A Sirrup for a Cold.

Take Colts-foot Water, Ilop-
water and Honey, put Liquorice,
Annise-seeds and Elecampane, put
thereto the juyce of Fennell, and boil
them:

To stay the bleeding of a wound.

Take Char coal red hot out of the
fire and beat it to powder.

A Poultesse.

Take Milk, Oatmeal, and red
Rose leaves, and a little Deers Suet.

For the running of the Reins.

Take Cups of Acorns and grate
them, and grate some Nutmeg, put
this in Beer and drink.

For a Poultesse.

Take Linseed and beat it to pow-
der, boil it in Milk with Mallows,
and Sheeps Suet.

For a Blast.

Take a good quantity of Vervio,
and boil it in Milk, and wash the
blast

Rare Secrets in Physick. 169

Blast therewith very well, then bind the hearbs very close to it some few hours, after wash it again the milk being warmed, and so bind it up again, the oftener it is done the better, and In a day or two it will be well, if it be taken before it fester.

Another.

Take a good quantity of Veronica being green, with as much Dill, chop them together, and boil them in Bores grease as much as will cover them, and for want thereof so much *May* butter, and when they be boiled together, let them stand two or three dayes, and then boil it a little, and so strain it through a cloth.

A Balsamum.

Take it In the later end of *September* good store of Honeysucke berries and put them in a body of a glasse Still stopped, and set it in hot horse-dung eight dayes, distill it in *Baino*, then when you have drawn the

170 *A Choice Manual*, or,
the water forth, pour the water
into the stuffe again, stop it close,
and put it into the dung four and
twenty hours, then set it in ashes, and
distil both water and oyl with a great
fire, as much as will come forth, and
at last separate the water from the oyl
in Balneo.

To make an excellent Oyl of Hypericon.

Take floures, leaves and seed
of Hypericon, as much as you list,
beat them together and infuse them
in white Wine, that they may be
covered therewith, and set them
in the Sun for ten dayes, then put
thereto so much Oyle Olive as all
the rest doth weigh, and let it stand
ten dayes more in the Sun, but look
that you weigh the Oyl to know
how much it is, then put thereto for
every pound of Oyl two ounces of
Turpentine, and one drachm of
Saffron, and of Nutmegs and
Cloves of each half an ounce, of
Myrrh,

Rare Secrets in Physick. 171

Myrrh, and Rosin, of each an ounce,
and of the root of Briony two ounces,
put them all in the vessel of glass,
and mix them well together, and set
them in a vessel of hot water, and
then set thereto a head of glasse and
Receiver well shut, and boyl it so
long untill no more will distill from
it, which will be about twenty four
hours, then take it out and strain it
whilst it is hot, and keep it in a vessel
of glasse, & when you first use it, heat
it well, and apply it upon a wound
without using any tent at all, this is
excellent for a green wound, especially
if there be veins, sinews or bones
offended or cut, it keepeth wounds
from putrefaction, it cleanseth them,
and easeth pain, and doth incarnate
and skin them, it helpeth bruises,
pains, aches, or swelling in any part,
and is wonderfull good against venome
or poyson.

172 *A Choice Manual, or,*
For the Falling sicknesses.

Take the roots of single Pionies grate them, drink them, and wear some of them about your neck.

For the kibed heels.

Take a Turnip make a hole in the top of it, take out some of the pith, infuse into that hole oyle of Roses, then stop close the hole, roll the Turnip under the embers, when it is soft, apply it plaisterwise warm to the Kibe, bind it fast.

Lapis Prunellæ.

A Medicine for sore Eyes.

Take one pound of Saltpeter boil it in a Goldsmiths earthen pot with a very hot fire round about it let it boil till it be very black and melted, then take a quarter of an ounce, or sixpenny weight of Rock Allum, and a quarter of an ounce of Brimstone, break them and put them in the Saltpeter by little at once as it boileth, and let it burn till the flame go out of it self, then grind

Rare Secrets in Physick. 173

pour it into a brasse Ladle, or into a Chafer, and so let it stand till it be cold, and when you will use it, scrape it very fine with a knife, and put a little of it to the sore eyes, hold down the eye-lid till the pain be gone, then let the water drop out of the eye: This Medicine taketh away the Pearl, Pin and Web in the eye, and all sores and bloud-shed, it also helpeth the tooth-ach, being put into the hollow tooth with a little lint, if the tooth be not hollow rub it outward: Finally it helpeth a stinking breath, being eaten in the morning fasting.

For a scald Head.

Take a handful of Glovers shreds, and a handfull of Dock-roots the pitch taken out, and boil them in strong Ale untill they be reasonable thick, and annoint the head therewith.

For a bloody Flux.

Take Rubarb and toast it, then grind it to powder, and take as much
as

174 *A Choice Manual*, or
as will lye upon a sixpence, and keep
warm that day, the next day eat
conserve of Roses, mixed with Co-
ral, and drink that day if you will
posset Ale made of Cammomile.

For the Itch.

Take a pound of Butter unwashed
and unsalted, three good hand-
fuls of red Sage, and as much Brim-
stone beaten into powder, as a Wal-
nut, boyl these well together, and
strain it, and put in half an ounce of
Ginger beaten small.

For sore Eyes.

Take new Hens dung out of the
nest, and put it into an Oven almost
cold, let it lie there all night, and
take the white of it, and beat it being
dried, and take as much of the pow-
der of Ginger finely beaten, and put
to that half the like quantity of Su-
garcandy, all which must be beaten
very well and searced, then put it in
to the sore eyes every night, and in
the morning, and wash it out with
water.

Rare Secrets in Physick. 175

A water for fire Eyes.

Take a pint of fair running water, of wild Daisies, & three leaved grass, of each a good handfull, wash the hearbs very clean in a Cullender, and put them into a clean skillet of water let them boil very well over the fire, untill the water look green, then take a little piece of Allum and put into the water, and when it is boiling then taste of the water, and when it sticks to the mouth, take as much honey as will make it very sweet, then after it hath boiled a little while, take it off the fire, strain it, and drop a little every night into the eyes.

An approved Application against any Surfeit.

Take the bottom of a Muncorn leaf, cut it about an inch thick, and as broad as the palm of your hand, roast it very well, then take Sallade oyl and Claret wine of each a like quantity, as much as

I

will

will wet the toast well and through
warm it hot, then put the toast in
it, when the toast is well soaked
strew the powder of Cloves, & Ma
thereupon thick, then apply it to t
stomack of the patient as warm
he can endure it, It will purge u
wards and downwards so often
you apply a fresh toast made as afor
said, that may be applied so often
any one findeth their stomack ill
ease, although then it will not purg
except in case of a surfeit.

A medicine against the Plague.

Take of the root called Serw
the quantity of half a walnut, an
grate it, of Triacle green one go
spoonfull, of fair water three spoon
fulls, make all these more then luk
warm, and so drink them off
bed, and sweat six or seven hour
and in your sweat drink small po
set Ale made of small drink as y
need, but not till an hour and
after the taking of the portion, a

Rare Secrets in Physick. 177

it will bring forth the plague, for if you cast the medicine, you may take it the second, third, or fourth time, by the whole, half, or lesse measure as your stomach will bear it : if any do take it, and thereupon happen presently amendment, or a rising or sore, you may think it to be the sicknesse, for the nature of the medicine is to prevent the plague, and in others to expell the sore, if it be not taken too late, in which case the stomach wil not brook it easily, and after two or three times taking, if you minister it to any, let it be at their first sicknesse, lest if their disease be other, they may receive harm thereby.

Jelly of Frogs.

Take the Jelly of Frogs in March, and still it in a glasse Still, it is a good medicine to stop blood, and for the heat and rednesse of the face, and good to cure green wounds.

178 *A Choice Manual, or,*
For the Tooth-ach.

Take Speremints, and ground-Ivy, of each a handful, and a good spoonful of Bay salt, stamp all these very well together, and boil them in a pint of the strongest Vinegar that you can get, let these boil all together until they come to a quarter of a pint, then strain it, and put it into a glass, and stop it very close, when your teeth do ache, take a spoonfull of it blood-warm, and hold it in your mouth on that side the pain is.

To make the teeth stand fast.

Take Roots of Vervin In cold wine, and wash the teeth therewith.

For the perillous Cough.

Take white Horehound stamp it, wring out the juice, and mingle it with honey, and seeth it, and give it to the sick to drink, or else Sack, and Garlick seed, and roast it in the fire, and take away the peelings, and eat the rest with Honey,
or

ual, or, *Rare Secrets in Physick.* 179

ground-
d a good
p all these
il them in
negar that
l together
r of a pine
to a glass
hen your
full of it
In your
is.

or else take Sage, Rew, Cummin,
and powder of Pepper, and seeth all
these together in honey and make
threof an electuary, and take thereof
a spoonfull in the morning, and ano-
ther at night.

*For a man that hath no tast in meat
or drink.*

Take a pottle of clear water, and
a good handfull of Dandilion, and
put it in an earthen pot, and seeth it
till it come to a quart, and then take
out the Hearbs, and put in a good
quantity of white Sugar, till you
think it to be somewhat pleasant, and
then put it into a vessel wherein it
it may cool, and then take twenty or
thirty Almonds, blanch them and
beat them in a mortar, and when the
water is cold put it to the Almonds,
and strain it through a cleane Cipri's
bag without compulsion, and if it
be thick, let it run through again,
and so keep it in a vessel, and drink
of it often, at all times as you please.

Honey,
or

To

180 *A Choice Manual, or,*
To preserve a man from the Plague,
Take *Aloe Epaticum*, and *Aloe*
Succatrine, fine *Cinnamon* and
Myrrh, of each of them 3 drachms,
Cloves, *Mace*, *Lignum aloe*, *Mastick*,
Bole Armoniack, of each of them
half a drachm, let all these things be
well stamped in a Morter, then
mingle them together, and after keep
them in some close vessel, and take
of it every morning two penny
weight, in half a glasse full of white
Wine, with a little Water; and drink
it in the morning at the dawning of
the day, and so may you by the grace
of God, go safely into all infection
of the air and plague.

For a Tetter or Ring-worm.

Take Mercury a quarter of an
ounce, Camphire one penny weight,
make them into powder, and rub
them in a fair Porringer, then take
and mix them with the water of the
Wine four or five spoonfuls, stir
them well together, then put as
much

Rare Secrets in Physick. 181

al, Or,
Plague,
and Aloe
non and
drachms,
Mastick,
of them
things be
r, then
fter keep
and take
o penny
of white
nd drink
ning of
he grace
nfection

much more water to that, then strain
it through a cloth, and take Poppey
seede one quarter of an ounce, beat,
that in a stone Morter with a spoon-
full of the water of the Vine, putting
a little and a little till you have spent
the quantity of a pint, then put to
half an ounce of the Milk of Coker-
nut, so mix them well together, with
your Receipt, and strain them as
you make Almond milk through a
fair cloth, then keep in a glasse for
your use.

*To keep ones body loose whensoever
you please.*

Take two ounces of Sirrup of
Roses, one ounce of Sene, one pen-
ny worth of Annis seeds, one stick
of Liquorice, one pint of Posturn
water, seeth them altogether till it
seeth to half a pint, then strain them
forth, then boil the two ounces of
Sirrup of Roses, and drink it warm.

For

182 *A Choice Manual, or,*
For a red Face.

Take Brimstone that is whole, and Cynamon of either of them an even proportion by weight, beat them into small powder, searce it through a fine cloth upon a sheet of white paper, to the quantity of an ounce or more, and so by even proportions in weight, mingle them together, in clean clarified Capons grease, and temper them well together, untill they be well mollified, and then put them in a little Camphire to the quantity of a bean, and so put the whole confection in a glass

For a young Child to make water.

Boil Organy in fair water, and lay it warm to the Childes Navel.

A Medicine for the falling of the Uvula into the Throat.

Take a red Colewort leaf, whereof cut away the middle rind, then put the leaf into a paper, and let it be burnt in hot embers or ashes, then take the leaf out, and lay it
hot

Rare Secrets in Physik. 183

hot on the top or crown of the bare head, and it will draw it up into his place and rid you out of pain.

A Medicine for the heat of the soles of the feet, that cometh by rheum or blood.

Take a quantity of Snails of the garden, and boil them in stale urine, then let the patient bath and set his feet therein, and using that often he shall be cured.

Gascons own Pouder.

Take of powder of Pearl, of red Corral, of Crabs eyes, of Harts-horn, and white Amber, of each one ounce, beat them in fine powder, and searce them, then take so much of the blacktoes of the Crabs claws, as of all the rest of the powders, for that is the chief worker, beat them, and searce them finely as you do the rest, then welgh them severally, and take as much of the toes as you do of all the rest of the five powders, and mingle them well together, and make them up in balls

184 *A Choice Manual*, or,
with jelly of Harts-horn, whereinto
put or infuse a small quantity of
Saffron to give them colour, then
let them lie till they be dry and ful-
ly hard, and keep them for your
use.

The Crabs are to be gotten in
May or *September*, before they be
boied.

The dose is ten or twelve graines
in Dragon water, Carduus water,
or some other cordiall water.

The Apothecaries in their compo-
sition of it, use to put in a drachm
of good Orientall Bezar, to the o-
ther pouders, as you may see in the
prescription following.

This is thought to be the true
composition invented by *Gascon*,
and that the Bezar, Musk, and Am-
bergrice, were added after by some
for curiosity, and that the former
will work without them as effectual-
ly as with them,

Rare Secrets in Physick. 18

*The Apothecaries Gascon Pouder
with the use.*

Take of Pearles, white Amber,
Harts-horn, eyes of Crabs, and
white Coral, of each half an ounce,
of black thighes of Crabs calcined
two ounces, to every ounce of this
pouder put a drachm of Oriental
Bezar; reduce them all into very
fine pouder, and searce them, and
with Harts-horn jelly, with a little
Saffron put thererein, make it up into
a paste, and make therewith Lozanges
or Trochises for your use.

You must get your Crabs, and
this pouder about *May*, or in *September*,
before they shall be boiled;
when you have made them, let them
dry and grow hard in a dry air, nei-
ther by fire nor sun.

Their dose is ten or twele grains
as before prescribed in the former
page.

The

The

86 *A Choice Mannal, or,*
The powder prescribed by the Doctors
in their last London Dispensatory
1650 called the powder of Crabs
claws.

Take of prepared Pearls, eyes or
stones of Crabs, of red Corall, of
white Amber, of Harts-horne, of
Oriental Bezar stone, of each half an
ounce, of the powder of the black
tops of the Crabs clawes to the
weight of all the former; make
them all into powder according to
Art, and with jelly made with the
skins or castings of our Vipers,
make it up into small Tablets, or
Trochises, which you must warily
dry as before prescribed, and reserve
for your use.

The Countesse of Kenis powder, good
against all malignant and Pestilent
Diseases; French Pox, Small Pox,
Measels, Plague, pestilence, mali-
gnant or scarlet Fevers good against
Melancholy, dejection of Spirits,
twenty or thirty grains thereof be-
ing

ing exhibited in a little warm Sack,
or Harts-horn jelly to a man and
half as much, or twelve grains to a
child.

Take of the Magistery of Pearls,
of Crabs eyes prepared, of white
Amber prepared, Harts-horn, Ma-
gistery of white Corall, of *Lapis*
contra Tarum, of each alike quan-
tity, to these pouders infused put of
the black tip, of the great claws of
Crabs, the full weight of the rest,
beat these all into very fine powder,
and searce them through a fine
Lawn Searce, to every ounce of this
pouder ad a drachm of true Orlen-
tall Bezar, make all these up into a
lump, or masse, with the jelly of
Harts-horn, and colour it with Saf-
fron, putting thereto a scruple of
Ambergreece, and a little Musk al-
so finely poudred, and dry them
(made up into small Trochises)
neither by fire nor sun, but by a
dry air: You may give to a man
twenty

It twenty grains of It, and to a Chille
twelve grains,

The Virtues of a Root called Contra yerva, being made into a fine Powder.

1. It withstands the Plague being taken in Triacle water.

2. It is good in all Pestilent diseases, taken in posset drink with Saffron.

3. It is good against a Fever, taken in *Cardus* water.

4. It is a great Antidote against all poysons taken in Sallade oyl.

5. It doth cure the biting of a mad dog, drunk in Rose Vinegar, and then drink nothing else but spring water during the cure.

6. It causeth a speedy delivery, given in Balm water, Bittony water, or in burnt Wine.

7. It doth take away the after-throws, given in the same liquors.

8. It is a good Cordial in all fits of the Mother given in Rue water.

9. It is very soveraign in swooning

Rare Secrets in Physick. 189

ing fits, given in Sack, or Borrage water.

10. It is very powerfull to withstand all melancholly, given in Sack.

11. It doth help Convulsions in Children given in Spring water.

12. It helpeth the Worms given in Goates milk.

13. It is good for a short breath, given in Rue water.

14. It helpeth the Head pain, given in Rue water, or Rosemary water.

15. It helpeth the yellow Jaundice, given in Celendine water.

16. It is very powerful in the Palsie, given in Sage water.

17. It is a good Antidote against the Gout, given in Sage water.

18. It withstandeth the growing of the Stone in the Reins, given in Renish Wine.

19. It causeth a good and quiet sleep taken in white Wine.

20. It is a good preserver of Health.

190 *A Choice Manual, or,*
Health, and meanes of long Life,
taken sometimes in Mead.

21. It may be used as Triacle or
Bezar against Surfeits.

22. It is a generall upon all oc-
casions, and may be given at all
times, when you do not know what
the disease is, in any of the aforesaid
liquors.

The dose for a man or woman is
from one scrupel, to two scruples,
and a boy or girl twelve or fourteen
graines, in convenient liquors.

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THE



THE EPISTLE.

Friend,

BEing given to understand, that you were reprinting the Countess of Kents Manual; I thought good to communicate unto you, for the more accomplishment of your second Impression, the virtues of some select Cordial Spirits, of very great use in weak and sickly persons, which were first composed by Sir Walter Raleigh, during his Imprisonment in the Tower and dispersed by him to divers worthy Personages in their severall occasions and necessities, and were imparted to me by Captain Samuel King, who lived long time with him in the Tower, and in his expeditions; this King, being my loving friend, and School fellow, both in Canterbury and Westminster

THE EPISTLE.

After Schooles. I have also inserted
hereunto certain Experiments of
Galcones powder, or the Countesses,
for the operations are much of the
same nature, which have many times
with very happy success, been tryed,
upon severall persons by my self, and
divers others by my directions, assuring
my self, it will be of very great use and
benefits to such persons as shall have
need of such helps and comforts and so
rest,

Your Friend,

W. J.

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The Vertues of Aqua Bezoar.

IT is good against contagious diseases, as Plague, Purples, spotted Fevers, small Pox, and Measels.

The order to take it, is with *Cardus Benedictus*, or Angelica in posset Ale, and so sweat moderately upon the taking of it. It is good against Surfeits, and easeth the stomach oppressed with wind, crude flegm, and superfluties, and helpeth digestion.

The dose is from two to three spoonfuls at one time.

The Vertues of Spirit of Clary.

The weaknesse, chiefly of the back: It preserveth against the Consumption and Peisick; It comforteth the heart and increaseth radical moisture; It also strentheneth Child-bearing Women after their delivery.

The

192 *A Choice Manual, or, Ra*

The dose is one or two spoonfulls morning and evening.

The virtue of Aqua Marix.

It is good for all infirmities of the spleen, and to open the obstructions thereof, it comforteth the vital parts, and is good against all passions of the heart; it preserveth the meat in the Stomack from putrification; it helpeth digestion, and expelleth wind.

The dose is one spoonfull at one time.

The virtues of Flowers of Rosemary.

It is good against all infirmities of the stomach, and to suppress all offensive fumes rising up from thence to the head, keeping them down, and helpeth memory; It openeth all stoppings of the Liver and Milt, it preventeth *Vertigo Scoromia*, Palsies, Apoplexies, diseases of that kind arising from cold humors; it breaketh wind and easeth the Chollick.

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time.
The dose is one spoonfull at one

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wind.
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The Virtues of Spirit of Mint.

It is good for the stomach, and
strengtheneth the retentive faculty,
good against vomiting, and all pas-
sions of the heart, it comforteth the
vital spirits, and is good against the
Consumption, it expelleth wind,
and helpeth digestion, and is an infal-
lible help for Melancholy.

The dose is from one to two spoon-
fuls.

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Palsies,
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The
The Virtues of Aqua Theriacalis.

It is good against all diseases of
the Spleen whatsoever; It preventeth
and helpeth contagions, and sudden
oppressions and qualms of the heart.

The dose is one spoonfull to pre-
vent, and three to the infected, who
ought to sweat after taking it.

The Virtues of Spirit of Saffron.

It is good to comfort the vitall
Spirits, passions, trembling, and
pen-

194 *A Choice Manual*, of
pensiveness of the heart, and hel
eth all malignity oppressing it, a
expelleth wind, suppresseth fumes
which arise from the Spleen, and g
up to the head, and openeth the ob
structions of it; it is excellent
gainst all melancholly, and ver
good for women in travell, for
comforteth and hasteneth delivery.

The dose is morning and evening
one Spoonful for three days together.

Virtues of Spirit of Roses.

It is good to open the obstruction
of the Lungs, and preventeth Con
sumptions, and other infirmities of
that nature; it preserveth from pu
trefaction, and keepeth the breath
from being corrupted.

The dose is a Spoonfull at noon
at four in the afternoon, and as much
at bed time.

The Virtues of the Spirit of Diasatyrion.

The Spirit made of *Diasatyrion*

Rare Secrets in Physick. 195

magis gratum, prescribed in the last London Dispensatory, comforteth and much restoreth decayed nature, strengtheneth the weak back, increaseth seed, and advanceth generation, being taken thrice a day a spoonfull at a time, that is in the morning fasting, at four in the afternoon, and last at bedward, with this caution, that the weak parties abstain from veneriall acts till after their first sleep.

Reses.

The dose is one spoonfull at one time.

The vertue of the Spirit of Strawberies.

It is excellent good to purify and cleanse the bloud; it preserveth from and also cureth the yellow Jaundice; and deopilateth the obstruction of the Spleen; It keepeth the body in a sweet temperatenesse, and refresheth the spirits.

of Diasary

Diasary

The dose is a spoonfull at a time, when need requireth and of those helps

196 *A Choice Mannal*, or
helps for the aforesaid diseases.

*Spirit of Confection of Alkermes,
virtues.*

It is an excellent comfort of
the Spirits vitall, naturall, and ani-
mall, in weak and delicate persons
and against all trembling pensiveness,
and sudden qualms of the
heart.

The dose is one spoonfull at one
time.

The virtue of Spirit of Comfrey.

It hath all the virtues which Spirit
of Clary hath, only it is of greater
efficacy in inward hurts, bruises and
ruptures.

The dose is one spoonfull at one
time.

Extract of Ambergrise.

Take a drachm of Ambergrise
grind it very small on a Painters
stone, then put it into a bould-head
then take of the best Spirit of Wine
either Canary or Maligo Sack
half a pound of Spirit of Clary,

cung

al, or *Rare Secrets in Physick.* 197

cases. ounces, mingle them well together,
kermes. and pour of the Menstrua one pint
nfort o to this proportion of Amber, set
and an about eight hours, shaking it toge-
person ther three or four times, then take
pensive it out, and being cold, pour it forth,
ns of th and put almost as much more of the
ull at or mixed Spirit, digested as before in
omfrey. a gentle heat by Balneo, then put
which Sp it forth to the first extracted; and
s of great adde half as much more Spirits the
ruiles an third time, and digest it again, and
nfull at or then have you extracted all the spe-
grice. ciall part of the Amber, and leave
mbergrie nothing, but a black dead earth of
a Painter no value.

Then take a pint of the Spi it of
what Hearb you will use, and dis-
grice. solve therein one pound of pure
mbergrie white Sugar-candy, or at the least
a Painter twelve ounces, very finely powdered
bault-head and searced through a fine Searcer,
rit of Win or the speedier resolution thereof,
aligo Sack it is best to dissolve it cold; this
f Clary, resolution must be twice filtered
cung
K through

198 *Rare Secrets in Physick*
through a thin cap paper, to make
it very perfect clear : then take
three parts of this dulcified Spirit
to one of your Extracts of Amber
drawn with Spirit of Wine , then
shake them wel together , and let
them stand in a square glasse very
close stopped, untill it shall be per-
fectly clear ; one drachm of this
Extraction of Amber will serve to
dulcifie and make fit two quartes of
Spirits of Mints or Cleary, or the
like and give it a most excellent
taste and efficacious vertues.

*Several Experiments made of the
Countesse of Kents, or of Gal-
gons Pouders, by a Professer of
Physik.*

1 A Child aged about five years
troubled much with flegme , and
drawing on (as the Parents concei-
ved) to his end, with ten graines of
this Pouders exhibed in a specifi-
cal vehicle to the proportion of one
spoonfull , about seven of the clock be-

to make
then take
d Spirit
f Amber
e, then
and let
lasse very
ll be per
m of this
ll serve to
quarts of
y, or the
excellent

at night, with the like dose exhibited the next morning, was within three dayes space perfectly recovered, and went abroad.

2 A Child aged about fourteen years, being suddenly surprized with dangerous Fits, and trembling of the heart, with twelve grains of this Powder exhibited in a spoonfull of *Aqua Theriacalis*, was that very day recovered.

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of Gal
rofesser of

3. A Stainoers Child aged about five yeares being suddantly taken so ill, that the Parents feared the life of thei Child, with ten grains of this Powder exhibited in a spoonfull of Cordial Spirit, being laid down, and well covered (we suspected it would prove to be the small Pox) became within two or three hours somewhat chearful: and with this medicine continued once a day, the Pox brok forth, and the Child mended.

five years
ne, and
s concei
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on of one
the clock

4 A Boy aged about sixteen: being taken with suddaine qualmes

200 *Rare Secrets in Physick*

about his stomack and heart, with ten grains of this powder exhibited in a spoonful of Doctor Mounfords water upon his fit, and the like quantity exhibited again when he went to bed, was the next day recovered.

5 A Child about three yeares old being troubled with grievous torments, and gripings in the belly with wind, with nine grains of this Powder, exhibited with 20 drops of specifical Oyl against the Collick, in a spoonful of Stomack Water, was eased in few hours.

6. A Child about seven yeares old, being troubled with Convulsion Fits, with ten grains of this Powder, mixed with Spirit of Castor in a few spoontuls of black Cherry water, annointing the two neck veines near the eares, with a few drops of Oyle of Amber and Cloves, was suddainly recovered

Rare Secrets in Physick. 201

recovered of his fit.

7. A Gentlewoman, near forty years old, being oppressed with crude and flauous humors, so that her friends thought her departing, was with twelve graines of this Pouder, and two drops of a Cordial Oyl, exhibited in a spoonful of Cordial Water, being had to bed, within three daies recovered, and followed her domestick businesse.

8. A Youth about twenty years old, much oppressed with wind and crudities of the stomack, with twelve graines of this powder exhibited in two drops of specifical Colick Oyl, as in the fifth experiment, with a cordial water, was speedily recovered.

A Young Maid, about eighteen years old, troubled with fits of the Mother, and Convulsive fits, with twelve grains of this powder given her in a few spoonfuls of Piony water, gathered and

202 *Rare Secrets in Physick*

distilled in due season, with a drop of oyle of Cinnamon, and two of Amber mingled together, being held upright before a warm fire, within four hours recovered out of her fit, and went up to her chamber (though her teeth were set in her head, and small appearance of life) but that onely her feet were warm, was discovered in her.

10. A Gentlewoman aged about fifty, being very much troubled with flatuous and crud humours oppressing the stomach, with sixteen grains of *Gaseon* powder, and with three drops of Oyle of Oranges, duly prepared, exhibited in an ounce of *Aqua Theriacalis*, being well shaken and mingled together, being exhibited at two severall times, that is, at night when she went to bed, disposing for rest, and betimes the next morning, found much ease and comfort, and gained some quiet rest that night,

with a drop
and two of
, being
arm fire,
ered out
er cham-
et in her
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e warm,

night, and shortly recovered.

II A young Woman aged a-
bout four and twenty, not without
some suspition of the plague, ha-
ving a tumour long while arising
on her groin, with three severall do-
ses of *Gascons Pouder*, exhibited an
three evenings when she disposed for
rest; by twelve grains for every dose
in a spoonfull of triacle water,
drinking every morning a spoonfull
of Spirit of Saffron for those three
daies together, was perfectly reco-
vered, and followed her domestick
business,

These and many other Experi-
ments have I with good success
tryed, and with Gods blessing reco-
vered diverse several Patients.

This Pouder is good against
small Pox, Measels, spotted or
purple Fever, exhibited in spe-
cificall waters, fit for their sever-
al diseases; It is good in swoun-
ings and passions of the heart,
arising from malignant vapours;

or old causes, as also in the Plague or Pestilent Fevers, alwaies observing to keep the persons upright, warm, and well covered after their taking it.

The dose of this pouder in Children, is from eight to twelve grains, in persons more aged, from twelve to fourteen grains, but exhibite the dose twice or thrice if need require, In the Plague you may use a greater quantity, with such medicines as are prescribed in the Child-bearers Cabinet, and it will not be amisse, to mingle it with some *Aqua Theriacalis*.

The Composition of the Oyl called Oleum Magistrale, said to be invented by one named Aparichus, a Spaniard, being special good to cleanse and consolidate wounds, especially in the Head.

Take a quart of the best white Wine you can get, of pure Oyl of

Physick Rare Secrets in Physick 205
of Olives three pound, then put
thereto these floures and hearbs fol-
lowing: of the floures and leaves of
Hypericon half a pound, of *Carduus*
Benedictus of Valerian, of the least
Sage, of each a quarter of a pound;
If it be possible, take the leaves and
floures of every one of these, then
let them all steep twenty four hours
in the aforelaid Wine and Oyl; the
next day boil them in a pot well
nealed, or in a copper vessel over a
lost fire, until such time as the wine
be all consumed, stirring it alwaies
with a spatule; after you have thus
done, take it from the fire, and strain
it and put to the straining a pound
and half of good *venice* Turpen-
tine, then boil it again upon a soft
fire the space of a quarter of an
hour, then put thereunto of Oliba-
num five ounces, of Myrrh three
ounces, of *Sanguis Draconis* one
ounce, and so let it boill till the In-
cense and Myrrh be melted, then take
it off, and let it stand until it be cold
K 5 then

206 *Rare Secrets in Physick.*

then put it into a glasse bottle, and set it eight or ten dayes in the Sun, and keep it for your use.

This Oyl, the older it is, the better it is, it must be applied to the Patient wounded as hot as may be endured, first washing the wound with white wine, boiled with a handfull o Incense to comfort, and wiping it cleane with a linnen cloth before you dress it, which must be if it come to any bruifings or bitings, twice aday, that is, about eight of the clock in the morning in winter, and at summer about nine in the morning, and about four in the afternoon, but if they be green wounds, you shal not need to change it again untill the next day, neither need the Patient to observe any precise diet.

A D D I T I-



ADDITIONS.

*A rare Searchcloth with the
Virtues.*



TAke of Oil Olive one pound and a half, red Lead one pound and a half, of white Lead one pound, Castle-Sope four ounces, put your oyl Olive in a Pipkin, and put thereto your Oil of Bayes, and your Castle Sopes seeth these over a gentle fire of embers till it be well mingled, and melted together then strew a little red Lead, and white, being mingled together in powder, still stirring it with a spalter of Wood, and so strew in more of your Lead by little and little

little till all be in, stirring it still by the bottom to keep it from burning, for an hour and half together, then make the fire somewhat bigger, till their rednesse be turned into a gray colour, but you must not leave stirring it till the matter be turned into a perfect black colour as pitch; then drop a little upon a wooden Trencher, and if it cleave not to the Trencher, nor your Flinger, it is enough; then take the long linnen cloathes, & dip them therein, and make your Sear-cloath thereof: they will keep twenty years; let your poulder of your Lead be searfed very fine, and shred the Sope small.

The Virtues of this Searcloth,
are:

Being laid to the Stomack it doth provoke Appetite, and taketh away any pain in the Stomack; being laid to the Belly it is a present remedy for the Cholick; being laid to the Back,

it

it is a present Remedy for the Flux,
and running of the Reins, heat of
the Kidnies, and weakness of the
Back; it helpeth all Swellings and
Bruises, taketh away Aches, it break-
eth Fellons, and other Imposthumes,
and healeth them; it draweth out
any running Humor, and helpeth
him without breaking of the skin,
and being applied to the Fundament,
helpeth any disease there; it helpeth
all old Sores, and will be made in
six hours.

For a Surfeit.

Take three pints of Muscadine,
one handful of Rue, one handful of
red Sage; boil this together three or
four walmes: take a quarter of an
ounce of Nutmegs, half an ounce of
Ginger, two or three corne of long
Pepper; beat them all together, and
boil them untill the three pints comes
to a quart: strain it, and put in it a
quarter of an ounce of Mithridate,
half

half an ounce of London-Triacle, quarter of a pint of strong Angelica water, all these being well mixed together, put them up in a Glasse.

It is good for one that hath Surfeited to take three or four Spoonfuls, keeping them very warm in bed, the same quantity taken is good against the Smal-Pox, or Measles.

It is good against the Wind, or pain in the Stomack, taking one Spoonful in the morning, or any Infection.

*An excellent Receipt against a Cough
of a Consumption.*

Take a quarter of a pound of the best Honey, a quarter of a pint of Conduit-water, boil them as long as any white scum ariseth, and take it off, then take a quarter of a pound of the best blew Currans, put them on the fire in a pint of fair water; boil them untill they be tender, then pour the Water from them, and bruise them
through

Triacle, through a hair Sive, and put that
Angelica Juice, and Honey together : adde
mixed to it one ounce of the powder of Li-
affe. quorice, one ounce of the powder of
Annise-seeds ; mix all these together,
and put them In a gally-pot, and
when it is cold tye it up ; the party
troubled may take of it upon the
point of a knif morning or evening,
as often as the Cough taketh them.

Lucantelions Balsom, admirable for
Wounds, and many other
things.

Cough
Take of Venice-Turpentine a
pound, Oil-Olive three pints, yel-
low Wax halfe a pound, of natural
Balsom one ounce, Oil of S. *Johns-*
Wort one ounce, of red Saunders
powdered an ounce, six spoonfuls of
Sack : cut the Wax and melt it on
the fire, and then lest it catch the
fire, take it off, put in the Turpen-
tine to it, having first washed the
Venice-Turpentine thrice with Da-
mask

212 *Rare Secrets in Physick*

mask Rose water, and having mingled your Sallade-Oil with the Sack, put also the oyl to them, & put them all on the fire, and stir it till it begin to boil, for if it boil much it will run over speedily, then suffer it to cook for a night, or more, untill the water and Wine be sunk all to the bottom, then make some holes in the stuff: that the Water may run out of it, which being done, put it over the fire again, putting to it the Balsom, and the Oil of Saint *Johns-wort*; and when it is melted, then put the Sanders to it: stir it well that it may incorporate, and when it first begins to boil, take it off the fire, and stir it the space of two hours, till it be grown thick, then put it up, and keep it for your use as most precious, for thirty or forty years, or more.

The Virtues.

1. It is good to heal any wound inward or outward, being squirted warm

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Balsom,
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warm

Rare Secrets in Physick. 213

warm into the inward Wound, being applyed to an outward Wound with fine lint, or Linnen, annointing also those parts thereabouts, it not onely taketh away the pain, but also keepeth it from any Inflammation, and also draweth forth all broken Bones, or any other thing that might putrifie or fester it, so that the brains or inward parts, as the Liver, Guts, or part be not troubled, it will heal it in four or five dayes dressing, so that nothing be applied thereunto.

2. It also healeth any Burning and Scalding, and healeth also any Bruise or Cut, being first annointed with the said Oil, and a piece of linnen cloth, or lint dipt in the same, being warmed and laid upon the place it will heal it without any Scar remaining.

3. It helpeth the Head-ach by annointing the Temples and Nostrils therewith.

4: It is good against the wind Cholick,

Cholick, or stich in the Side, applied thereto warm with hot clothes morning and evening together, quarter of an ounce.

5. It helpeth the biting of a man Dog, or any other Beast.

6. It is good against the Plague, annointing onely the Nostrils, and the Lips therewith in the morning before you go forth.

7. It also healeth a Fistula, or U'cer, be it never so deep, in any part of the body, being applied as afore said is directed for a Cut.

8. It is good against Worms, or Canker, being used as in a Cut, but it will require longer time to help them.

9. It is good for one infected with the Plague, Measles, so as it be presently taken in warm Broth, the quantity of a quarter of an ounce four mornings together, and sweat upon it.

10. It likewise helpeth digestion, annointing the Navel and Stomack there.

Side, and therewith when the party goeth to
hot clothes Bed, it will stanch any Blood of a
together, green Wound, put in a plaister of
lin on it, and tye it very hard.

g of a ma 11. The quantity of an Nutmeg
in Sack blood-warm, and sweat
the Plague thereon, it bringeth forth all man-
of strills, and ner of clotted Blood, and taketh a-
e morning way all Aches.

istula, or 12. It also healeth the rose Gout
p, in any and Scurvy.

applied as 13. It helpeth all paines in Wo-
Cur. mens breasts, all chops or Wolf that
cometh with a Brulse.

Worms 14. It helpeth the small Pox, be-
in a Cur, in annointed therewith without any
e time to Scar.

ected with 15. It helpeth all Sprains and
it be pre- Swellings, and indeed I cannot tell
orth, the what comes amisse unto it.

an ounce
and sweat

igestion,
Stomack
theres-

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126 *Rare Secrets in Physick*

A most certain and proved Medicine against all manner of Pestilence, and Plague, be it never so vehement.

Take an Onion, and cut it overthwart, then make a little hole in either peice, the which you shall fill with fine Tricle, and set the peices together as they were before: after this wrap them in a fine wet linnen cloth putting it to roast, and covered in the embers, or ashes, and when it is roasted enough, presse out all the juice of it, and give the Patient a spoonfull. and immediately he shall feel himself better, and shall without fail be healed.

How to make the Ointment of Tobacco.
Jobertus.

Take of green Tobacco-leaves two pound, of fresh Hogs grease diligently washt one pound, bruise the
herbs,

Rare Secrets in Physick. 217

heerbs, and infuse it a whole night
in red Wine, and then let it boil with
the Hogs-grease with a gentle fire,
untill the Wine be all consumed :
then strain it, and add to the Oint-
ment the juice of Tabacco one pound
good and clear Rosin four ounces,
then boil it again till the juice be
consumed, adding towards the end,
of round Birchwort-roots in powder
two ounces, new Wax four ounces,
or so much as is sufficient to make it
into an Ointment.

The Virtues of it are these.

It cures all Tumors, Aposthumes,
Wounds, Ulcers, Gun shot, Botch-
es, Itch, Stinging with Nettles, Bees,
Wasps, Hornets, or Venomous
Beasts, wounds made with poyson-
ed Arrows, all Burnings and Scald-
ings, although it be with Oyl, or
Lightning, and that without any
Scar; It doth help all nasty, rotten,
stinking, putrified ulcers, although
they

218 *Rare Secrets in Physick*

they be in the leggs where the humors
be ready to resort most in Fistula's
although the bone be afflicted it will
scale it without any instrument, and
bring up the flesh from the bottom
your Face being annointed with it
it taketh away suddenly all rednesse
pimples, Sun-burnt; A Wound
dressed with this Ointment, It will
never putrefie, it will cure a Wound
when no Tent can search it; it cures
the Head-ach, the Temples being
annointed therewith; the stomack
being annointed with it, no infirmi-
ty will harbour there, no not Impo-
stumes, or Consumption of the
Lungs, the belly being annointed
therewith; it helpeth the Cholick
and illiack passions, the Worms
(and what not) too tedious here
to relate: It helpeth the Emrolde
or Piles, it is the best Ointment in
the World for all sorts of Gouts
whatsoever, and there can nothing
come nigh unto it.

*A very good Conserve for the help
of a Consumption and Cough.*

Take half a pound of blew Raisins,
the blackest sort is the best, and
stone them, and skin them, and two
ounces of white Sugarcandy, and
two ounces of Oil of sweet Almonds
and bruise them well, and when they
be well incorporated together, use it
to eat morning, noon, and night.

*A very special Drink against a
Consumption.*

Take Colts-foot, Hyssop, Scabi-
blos, & Maldenhair, of each a hand-
full, and a quarter of a pound of
figs, and cut them in two pieces,
and a quarter of a pound of Raisins,
and stone them, and take ten Dates
and stone them, and so boil them in
four quartes of fair water, and after
it hath boyled a little, put into it
half an ounce of Liquorice scraped,
and

220 *Rare Secrets in Physick*
and bruised, and so let it boil till one
quart be boyled away, then take
off, and when it is cold strain it into
a Pot, and drink half a pint each
morning, at four of the clock, and
much after dinner, at four of the
clock.

For Worms in Children.

Wormseed boiled in Beer or Ale
and then sweeten it with clarified
Honey, and let them drink it.

*How to drive away the Yellows of the
Face that is caused by the over-
flowing of the Gall. Ap-
proved.*

Take a great white Onion, and
make a hole in the top of it, and then
put into it the quantity of a Nut-
meg of good Triacle, and then stop
the hole againe with the said piece
that is cut out of it, but mingle the
Triacle with Saffron powdered; the
being

Physick

boil till on
then take
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*Ulores of the over-
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Onion, and
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being

Rare Secrets in Physick. 221

being done, rost the Onion in hot Embers, being wrapped up in wet Paper, and when it is well rosted, wring out the juice thereof hard, and give the party this drink in the morning, and sweat an hour after it, and so continue for three mornings together, and then let the party take a gentle Purge, & Fiat.

*An excellent Medicine for the Drop-
sie, made for Queen Elizabeth
by Doctor Adrian, and Do-
ctor Lacy. Proved.*

Take Polipodium, Spikenard, Squar, Ginger, Marjoram, Galin- gal, Setwell, *ana.* a penny weight, Sena leaves and cods, so much as all the rest grossly beaten; put them into a bag, and hang it in an earthen pot of two gallons of Ale, and every four dayes cover the pot with new Barm, and drink no other drink for six dayes, and this shall purge all ill humours out of the Body, neither.

L

wil.

222 *Rare Secrets in Physick*

will it let the bloud putrifie, nor
flegm to have domination, nor Cho-
ler to burn, nor Melancholly to have
exaltation, it doth encrease Bloud
and helpeth all evil, it he'peth and
purgeth Rheum, it defendeth the
stomack, it preserveth the body, and
ingendreth good colour, comforteth
the sight, and nourisheth the Mind.

For the Dropfie that Swelleth.

Eat Water-creffes, and Raifins
use it often, and it will send down
the Disease into the Legs and feet
and when it is there, take the green
bark of Elder in the winter, and the
crops in summer, and boil them well
in fair Water and Oat-meal to a
Poultice, and apply it to the grievous
and this will heal it.

Rare Secrets in Physick, 223

*The Celestial water in the World
for the Eyes.*

Aqua Celidonia, } of each a quar-
Aqua Euphrasia, } ter of a pint.
Aqua Fisticula, }

Lapis Tutia, } of each a dram.
Lapis Calaminaris, }

*And excellent Water for one that is
near, or in a Consumption.*

Take Milk three pints, red Wine
one pint, twenty four yolks of new
laid Eggs, beat them very well toge-
ther, then add so much white Bread
as will drink up the Wine, and put
to it some Cowslip flowers, and distil
them, and take a spoonfull first and
last in broth made of a Chicken, or
Mutton, and in one moneth it will
cure any Consumption.

204 *Rare Secrets in Physick.*
For to stay Vomiting presently.

Take a little Mastick, and put it upon a hot Coal, and set a Funnel over it, and receelve the fume into your mouth, and let it go into your Stomack, & fiat.

Doctor Teucables green Balsom.

Take in the moneth of May, Rosemary tops, Wormwood, Balm, and Rue, *ana* two ounces, red Sage and Bay-buds, *ana*. four ounces, Sheeps-Suet twelve ounces, beat all this very well together in a stone Morter, till it be all as a Salve, then put it into a clean Pipkin well stoppt, and set it for eight dayes in a cold place, then put it all in a clean brasse Chaffer and add to it a pound of sweet Sallade oil, and as many of the said Hearbs as aforesaid well bruised, and let them boil over a soft fire very softly the space of an hour, and stir them all the time with a wooden Spatula;

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Rare Secrets in Physick. 203

Spatula, then take them from the fire, and presently put into it an ounce of Spike oil, and stir them together, then with a Spoon take off the oily substance from the Herbs, and then strain it into a gally-pot, and keep it very close stoppt, and set it in a cool place, it will keep good two or three years.

The Virtues are these.

The virtue of the said Balm is in all perfection good to cure all that is here under written, and the said Oil is good to any wounds either inward or outward; Proved; Being inward squirted into the said wound's warm, and outward, being applied with fine lint, or linnen, and anointing all the parts therabouts.

1. It doth not onely take away the pain, but it doth also keep it from inflammation, and draweth forth also all broken bones, or any thing

226 *Rare Secrets in Physick.*
else that may putrify or fester, if
the Brains, Heart, Guts, Liver be
not touched, it will heal in four or
five times dressing, if no other thing
be applied thereunto.

2. It healeth any Burning or
Scalding by fire, or water, or by any
other meanes; it healeth any.

*A most excellent Pouder, much used
by a Person of Quality, lately
Deceased; with the Virtues.*

Take Pearl Magistrale perpared,
Corral red and white prepared, pre-
pared Amber, prepared Harts-horn,
of each half an ounce, *Contra Tarus*,
one ounce; mingle them well toge-
ther, then take three ounces of the
black claws of Crabs before they be
sodden, they must be taken in June
or July, the Sun being in *Cancer*,
mingle all well together, then put
to it four ounces of white Sugar-can-
dy powdered, and mingle with the
Sugar-

Rare Secrets in Physick. 227

Sugarcandy, Ambergrice, Musk, Citron seed skinned, *ana.* ten grains; beat the Seeds, Sugar-candy & Ambergrice by themselves, very fine in a stone Mortar, all the rest must be passed through a fine Searce, then make a strong jelly of Harts-horn, being boiled with white-Wine, and intuse therein Saffron poudred two drachms, and with this Jelly perfume the poudre, being all mixt into a paste, so make it up into little balls, and set them in a warm Oven to dry, and then put them up to your use, the closer they be kept the better.

The Virtues of this poudre is most excellent.

1. For to bring out the Small Pox, or if they be come out, take ten grains in Dragon-water each three hours, for nine hours.

2. For the Plague take ten grains in Dragon-water each three hours

228 *Rare Secrets in Physick*

for nine hours, and sweat and keep your self warm.

3. For a Heprick, take for nine-teen dayes together, six grains every morning in Borrage-water.

4. For a Consumption, In Egrl-mony-water, take six grains for fourteen dayes together.

5. For the Cough of the Lungs, six grains, In half Bettony, and half Hylop water, for fourteen daies.

6. For any Ague or Feaver, for three dayes, every third day take seven grains every three hours for nine hours In Carduus-water.

7. For Poison twelve grains boiled in a little Milk.

8. For a Woman that is sick after Labour, take seven grains every three hours for nine hours in Egrl-mony-water.

9. There

Rare Secrets in Physick 229

9. There is no Unicorns horn comparable to it in contagious times it is good to take five grains every morning in a little Sack.

10. For the passion of the heart, and Convulsion fits, seven grains in Borrage-water, and it is a great preserver of health, working onely as a Cordial, and you may safely take ten, twelve, fourteen, or sixteen, or eighteen, or twenty grains at once for a full dose.

11. And if it be great Fever, small Pox, Plague, Poison, or for a Woman in Labour, put into every Dose three grains of Bezoar Orientall.

*How to strengthen the Bask, and
to make one Lusty.*

Take half a pint of Malmsey, and a handful of the pith of an Ox-back, but take the pith out from the skin,

L 5

then

230 *Rare Secrets in Physick*

then take four, or five stalks of Ar-
rechoaks, and take the pith out of
them, but first cut the stalks into
pieces so long as your finger, and
then parboil them well, and then
take the pith from them, and then
put it to the other things, and boil it
gently to a Jelly, and when you have
done so let it be cold, and then eat it
upon the point of a knife morning
and evening, and at any time of the
day, so much as you shall think fit-
ing, and if you would have it plea-
sant, make it sweet with white Su-
gar-candy, but not with Sugar.

*For one that cannot make his
Water.*

Take Thyme and steep it in Wine-
Vinegar, one night or more, then
take of this three spoonfuls, bloud-
warm, after that you have eaten, at
morning, noon, and night.

How

Rare Secrets in Physick. 231

*How to help a stinking Breath
that cometh from the
Stomack.*

Take two handfulls of Cummin-
seeds, and beat them to powder, and
seeth it in a pottle of white-wine, un-
till half hath boiled away, and then
give the party a good draught there-
of first and last, morning and even-
ing, as hot as he can suffer it, and in
fifteen or sixteen dayes it will help.

*For the Sciatica, or the Gout, my
Lord of Suffex Medicine,
called Flesh Ungue-
tors.*

Take of Rosin half a pound, of
Perosin half a pound, of Virgins-
Wax four ounces, of Olibanum
four ounces, of Mastick half an
ounce, of Sheeps-Tallow, or of
Harts-tallow, two ounces, of Cam-
phire three drams, and of Turpen-
tine three ounces.

The

232 *Rare Secrets in Physick.*

The way to make it.

First beat all your Gums afore-
said, every one by themselves, then
take your Tallow and your Wax,
and set them together on the fire,
that done, put in your Rosin, then
your Perosin, then your Olibanum,
and last of all your Mastick; and
when all is relented together over a
sofe fire of Coals, then strain it
through a thin Canvas cloath into
a pottle of white Wine; and then
let them all boil together again until
halfe the Wine be wasted and sod a-
way; then take it from the fire, and
let it cool, then afterward when it is
almost cold annoint your hands with
the Oil of sweet Almonds, and work
it up in roulds like Wax roulds, and in
the time of the working thereof, cast
in your Camphire beaten in fine
pouder by it self alone; this ob-
served that before you put in your
Camphire into the Morter for to be
beaten

by sick.

Rare Secrets in Physick, 233

beaten into powder, you must alway beat in the same Morter two or three Almonds, for else your Camphire will not be made Into Powder.

The ordering of the same Medicine.

First you must spread it upon a fine linnen-cloath, plaister-wise, and so lay it upon every joynt where the pain is, but before the laying of your Plaister you must anoint all your Joynts with the Oil of Roses, & the stuff of your plaister must be half an inch thick, and according unto the property of the same, you must let it stick & cling where you lay it for the space of nine or ten daies together, notwithstanding it doth put you to some pain or itch in the meantime, yet you must in any-wise let it lie on still, for it will both draw out the sinews by little small Pimples, and also heal it again, and this one Plaister must serve during all the time of your disease without any manner of renewing. *Prob. of witness by my Lord of Suffolk.*

A T A B L E



A

TABLE

OF THE

Contents

OF THE

ADDITIONS.

B

Lucantelions Balsome, admirable
for Wounds, and many other
things.

211

The

The Contents.

The Virtues	212, 213, 214, 215
Dr. Teucables green Balsom, with its Virtues.	214, 225, 226
How to strengthen the Back	217
How to help a stinking Breath that cometh from the Stomack.	231

C

An excellent Receit against a Cough of a Consumption,	210
A very good Conserve for the help of a Consumption and Cough	229
A special drink against a Consumption ibid.	
An excellent Water for one that is near or in a Consumption	213

D

An excellent Medicine for the Drop- sie, made for Queen Elizabeth by Doctor Adrian, and Doctor Lacy.	221
For the Dropisie that swelleth,	221

E

The Contents.

E

The Celestial Water in the world for
the Eyes, 223

G

For the Gout, 231

L

How to make one Lusty. 229

P

A most certain and proved Medicine
gainst all manner of Pestilence,
and Plague, be it never so vehe-
ment 216

A most excellent Powder, much used
by a Person of Quality, late Decea-
sed, with its Virtues 226,
227, 228, 229.

S

The Contents.

S

A rare Sear-cloth, with the Virtues

207, 208

For a Surfeit

20

For the Sciatica, or the Gout; my Lord

of Suffex Medicine, called Fleets

Unguentors, the manner of making

and ordering the same, 231, 232

233

T

How to make the Ointment of Tobacco

Jobertus, with its Virtues, 216

217

U

For to stay Vomiting presently, 221

W

The Contents.

W

For Worms in Children 220

For one that cannot make his water

230

Y

How to drive away the Yellow of the
Face, that is caused by the overflow-
ing of the Gall. 220

FINIS.





A
True Gentlewomans
DELIGHT.

Wherein is contain-
ed all manner of
COOKERY:

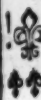
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with
PRESERVING,
CONSERVING,
DRYING and
CANDYING.

Very necessary for all Ladies
and Gentlewomen.

Published by *W. G. GENT.*

L O N D O N,

Printed by *Gartrude Dawson,*
in *S. Bartholmewes Close,* near
the Half-moon Taverns
Alley end. 1659.



To
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*To the Virtuons and most
Hopeful Gentlewoman, Mrs. Anne
Pile, Eldest Daughter of the
Honourable Sir Francis
Pile Baronet,
deceased.*

Most accomplisht LADY,

THe many singul : favours,
which I have received, not
onely from your worthy self,
but also from your thrice noble
Progenitors, justly oblige me by all
the duties of gratitude, to tender
a just acknowledgement: I wish the
same heart, that for many and just
causes truly honours you, had any
present worthy your acceptance.
Now shall it be your singular good-
nesse to patronage this small Trea-
tise, which (if I mistake not) carries
with

The Epistle Dedicatory.

with it two parts, Delight, and
Utility, I doubt not then, but that
it will find a general acceptance
among all those, who are any way the
least lovers of such pleasing and
delightfull studies. I intend not
paraphrase upon its worth, its use
and singular profit, which abundantly
speaks second unto none that
hath been published of the like na-
ture: so hoping you will according-
ly esteem of it, I beg pardon for my
boldness, and rest ever,

A true and faithfull

honourer of your trans-

parent Virtues,

W. J.

T



TO THE READER.

FRIENDLY READER,

Here thou hast a small Treatise
entituled, A true Gentlewo-
mans Delight, presented to thy view :
be so courteous as to read before thou
censure it. If then the effect be answer-
able to its name, I shall be right glad :
If there be any Errors, it will be no
error, but a singular token of thy ex-
emplar humanity to passe it by, and sign
it with thy pardon, for which I engage
myself,

Thine on the

like occasion,

W. I.

M

A Tr-

The Contents.

To make paste of Barberries or English Currans	51
How to make Pap of Barly	98
A Broth to drinke	71, 71
A Broth to eat on fasting dayes	ibid.
How to stew Beef	75
How to boil Brawn	81
To boil a Gammon of Bacon	ib.
To bake a Gammon of Bacon	95
To bake Fillets of Beef, &c.	94
How to sauce Brawn	104
How to make Bonny Clutier.	106
How to make draw Butter	117

C

How to make a Christall Jelly	2
How to make clouted Cream	4
How to make Quince Cream	5
How to make a fresh Cheese	ibid.
How to make Codlin Cream	6
How to make Cheese-cakes	ibid.
How to make a slipcoat Cheese	11
How to make Chees-loaves	11
How to make Curd cakes	16
How to make a Chicken Pie	18
A good way to stew Chickens	31
How	

The Contents.

es or Eng.	How to pickle Cawcumpers	33
51	To do Clove Gill-floures up for Sallet-	
98	ting all the year	34
71, 71	How to preserve Currans	41
es ibid.	How to make a Calves foot Pie	66
75	To boil a Capon with Brewis	18
81	How to make a Spice Cake	62
ib.	How to boil a Chicken, &c.	72
95	To make a Caudle	74
94	To dry Cherries	79
204	To boil a Capon in white Broth	81
106	To boil Chickens and Sorrel Sops	84
117	To stew Calves feet	87
	To stew cold Chickens	90
	To make paste for a Custard	91
2	To bake Calves feet	94, 123
4	To bake a Chicken Pie	96, 120
5	To fry Chicken	104, 105
ibid.	To make a Tart of Cherries	112
6	To boil Cream	117
ibid.	A Calves-Head Pie for Supper	114
11	A Frigisie of Chickens	111
12	To make a Cake	122
16	To souce a Calves Head	137
18		

M 3

D How

How

The Contents.

D

How to make a made dish	15
How to make a forc'd dish of any cold meat	26
How to make a forced Dish of a Legg of Mutton or Lamb	27
How to boil a Duck	28, 139
How to preserve white Damsons	45
How to preserve Damsons	7, 57
How to make fine Diet-bread	57
How to boil a Duck with Turnips	84

E

How to make Essings	61
How to souce Ecles	127
How to souce an Elec	136

F

How to make a white Fool	7
How to make a Fool	8
How make Furmenty	16

The Contents.

	How to candy all kind of Frustrages, as Orange, &c.	64
	How to candy all kind of Flowers	ib,
18	How to boil Flounders, &c.	76
any cold	How to boil divers kind of Fishes	86
26	To bake a Florentine	98
a Legg	To make Fritters	106
27	To marble Fish	110

G

57	To make a Goosberry Fool.	6
84	To make a Goosberry Custard	7
	To make Grouse	36
	To make Goosberry Tarts	40
	To preserve Goosberrys	41
61	To make Goosberry Cakes	42
107	To do Goosberries like Hops	43
136	To preserve Grapes	47
	To preserve Grapes so look clear and green	50
	To make paste of Goosberries	51
7	To souce a Carp or Gurner	70

H

How	To bake a Hare	95
-----	----------------	----

M 4

To

The Contents.

<i>To roast a Hare</i>	9
<i>To make a Tart of Hips.</i>	11
<i>A Hartchoise Pie</i>	11

I

<i>To make an excellent Jelly</i>	1
<i>To make a Jelly of Marmalet</i>	37
<i>To make a Funket.</i>	114

K

<i>A Florendine of Kidnies</i>	119
--------------------------------	-----

L

<i>To make Leach</i>	11
<i>To make yellow Leach</i>	ibid.
<i>To fry a Coast of Lamb</i>	28
<i>To make Cakes of Lemons</i>	47
<i>To candy Lemons and Oranges</i>	59
<i>To make white Lemon Cakes</i>	61
<i>A Lamb Pie</i>	120, 121
<i>A Larke Pie</i>	126
<i>A Frigafie of Lamb</i>	131

M To

The Contents.

M

9		
11	To make sauce for a Shoulder of Mutton	100, 120
11	To roast a Shoulder of Mutton with Thyme	20
1	To roast a Shoulder of Mutton with Oysters	ibid.
31	To boil a Legg of Mutton	32
114	To preserve Medlers	41
	To make Mackaroons	44
	To preserve Mulberries	45
	To boil a Mallard, &c.	84
119	To stew a Mallard	88
	To roast a shoulder of Mutton	101
		140
	To roast a Leg of Mutton	102
11	To roast a Neck of Mutton	ibid.
ibid.	To roast a Chine of Mutton	103
28	To roast a Gigget of Mutton	104
47	To make a Tart of Medlers	112
59	To scald Milk after the Western fashion	114
61	To barsh a shoulder of Mutton	133
121	To make a Leg of Mutton three or four dishes.	
126		
131		

M 5

To

To

The Contents.

N

To make Broth for a Neats-Tongue	70
To roast a Neats-tongue	100
A hot Neats-tongue for Supper	117
A cold Neats-tongue Pie.	ibid.

O

To pickle Oysters	36
How to make Paste of Oranges and Lemons	51
How to preserve Oranges	78
An Oyster Pie	111

P

How to make a Sack Posset	10
How to make black Puddings	21
How to make white Puddings	22
How to make Almond Puddings	23
How to make a Pudding to bake	ib.
How to make a boil'd Pudding	24
How to make a Cream Pudding to be boil'd	25
How	

The Contents.

	How to pickle Purslain	34
	How to make a Jelly of Pippins	38
	To preserve Pippins white	46
Tongue	To make Paste Royall in Spice	53
70	To candy Peares, Plums, &c.	54
100	To make Paste Royal white, &c.	ib.
117	How to preserve Pomecitrons	62
ibid.	How to make a very good Pie	67
	How to make a fine Padding.	71
	How to make a Ponado.	74
	How to souce a young Pig.	76
36	How to dry Peaches.	79
and of	To boil a Pike in white Brath	85
51	To stew a Pullet or Capon	90
78	To make Paste for a Pasty of Venison	ibid.
111	To make paste for a Pie to keeplong	91
10	To make Paste for buttered loaves	92
21	To make Paste for Dumplins	ib.
22	To make Puffe-Paste	93, 129
23	To make an Italian Pudding	98
ib.	To roast a Pig with a Pudding in the belly	101
24	To souce a Pig	107
to be	To	
25		
How		

The Contents.

To make a Tart of green Pease	111
To make a Pippen Tart	113
To make a Pudding in haste	116
To make a Pudding in a dish	ibld.
To boil Pigeons	118
A Pork Pie	110
A Potato Pie for Supper	128
Pigeon or Rabbet Pie	ib.
To make a Pudding	130

Q

To keep Quinces all the year	32
To preserve white Quinces	40
To make Quince Cakes	46
To preserve Quinces red	48
To make flesh of Quinces	77
To bake Quinces or Wardens, &c.	95

R

To preserve Raspberries	40
To Candy Ringus Roots	63
To	To

The Contents.

Pease:	To boil a Rabbet	83,
111		139
113	To stew a Rabbet	89,
116		137
ibld.	To make a Tart of Rice	111
218	A Frigafie of Rabbits	134

S

130	To stew Scucesedges	28
	To make Sugar Cakes	66
	To make Simbals	67
	To make a Sallet of all manner of	
32	Hearbs	87
40	To stew Steakes between two dishes	
46		ibid.
48	To stew Smelts or Founders	89
77	To bake a Steak Pie	97
&c.	To make a Tart of Strawberries	
95		112
	A Skerret Pie	124

T

40	To make a Tanfie.	13
63		To
70		

The Contents.

To make black Tart stuffe	11
To make yellow Tart stuffe	12
To make gallendine sauce for a Turkey	31
To stew Trouts	81
To bake a Turkey	94
To fry Tongues	108
To souce a Tench or Barbel	108

U

To make Cakes of Violets	47
To make Oil of Violets	61
To boile Veal	81
To bake Chucks of Veal	96
To roast a Breast of Veal	99
To roast a Haunch of Venison	103
To roast a Shoulder or Fillet of Veal	ibld.
To souce a Breast of Veal	138
To souce a Fillet of Veal	109
To marble Beef, Mutton, or Venison	ibld.
A Erigasie of Veal	133

W To

The Contents.

W

To make <i>Whitopot</i>	26, 115
To make <i>white broth with a Capon</i>	19
To <i>preserve green Walnuts</i>	39
To make a <i>Tart of Wardens</i>	111

A





A TRUE
GENTLE WOMANS
DELIGHT.

To make an excellent Jelly.

TAke three gallons of fair water, boil in it a knuckle of Veal, and two Calves see slit in two, with all the fat clear taken from between the claws, so let them boil to a very tender jelly, keeping it clean scummed, and the edges of the pot alwayes wiped with a clean cloth, that none of the scum may boill in, then strain it from the meate, and let it stand all night, the next mornlg take away the top and the bottome, and take to every quart

2 *A True Gentlewoman*

quart of this jelly, half a pint
Sherry Sack, half an ounce of C
namon, and as much Sugar as
season it, six whites of Eggs
well beaten, mingle all these to
ther, then boil it half an hour,
let it run through your jelly bag.

To make a Christal Jelly.

Take two Calves feet, fley them
and lay them in fair spring water
with a knuckle of Veal, shift it
half a dozen waters, take out the
betwixt the claws, but do not break
the bones, for if you do, the mar
row of the bones will stain the jel
ly, when they are soft and pick
very clean, boll them very tender in
spring water, when they be boiled
tender, take them up, and use them
at your pleasure to eat, let the broth
stand in an earthen pot or Pipkin
till it be cold, then take away the
bottom and the top, and put the
clear into a fair Pipkin, put in
half a pound of fair Sugar-candy,
or other Sugar, three drops of oil
of

Delight.

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of Nutmeg, three drops of oil of
Mace, and a grain of Musk, and so
let it boil leisurely a quarter of an
hour, then let it run through a jel-
ly bag into gellie pot, when it is
could you may serve it in little care-
less lumps being taken out with a
childs spoon, and this is the best
way to make your Christal jelly.

*To make Apple Cream at any
time.*

Take twelve Pippins, pare and
stie them, then put them in a Skillet,
and some Claret Wine, and a race
of Ginger shred thin, and a little
Lemon pill cut small, and a little
Sugar, let all these stand together
till they be soft, then take them off
and put them in a dish till they be
cold, then take a quart of Cream
boil with a little Nutmeg a while,
then put in as much of the Apple
stuf, to make it of what thickness
you please, and so serve it up.

To make a Trifle Cream:

Take some Cream and boil it
with

4 *A True Gentlewoman*

with a cut Nutmeg, and Lemon
a while, then take it off, cool it a
tle, and season it with a little Ro
water and Sugar to your taste, and
this be put in the thing you serve her
in, then put in a little Kunne
make it come, then it is fit to eat, are

To make clouted Cream.

Take three gallons of new Milk
set it on the fire till it boileth, make
a hole in the middle of the Cream
of the Milk, then take a pottle of
three pint of very good Cream, put
it into the hole you made in the
middle of the Milk, as it boileth
and let it boil together half an hour
then put it into three or four Milk
pans, so let it stand two dayes, if
the weather be not too hot, then take
it up in clouts with a scumer, or
alice, and put in that which you
will serve it in, if you like it season
ed, you may put some Rose water
between every clout as you lay one
upon another with your slice in
the

Delight.

5

the dish you mean to serve it in.

To make a Quince Cream.

Take the Quinces and put them into boiling water unpared, then let them boil very fast uncovered, that they may not colour, and when they are very tender, take them off and peel them, and beat the pap very small with Sugar, and then take raw cream and mix with it, till it be of a thicknesse to eat like a Cream, but if you boil the cream with a stick of Cinnamon, I think it the better, but it must stand till it be cold before you put it to the Quinces.

To make a fresh Cheese

Take a pint of fresh Cream, set it on the fire, then take the white of six Eggs, beat them very well, and wring in the juice of a good Lemon to the whites, when the cream seeths up, put in the whites, and stir it about till it be turned, and then take it off, and put it into the cloth, and let the whey be drawn from

6 *A True Gentlewoman*

from it, then take the curd & pound it in a stone Morter with a little Rose water and Sugar, & put it in to an earthen cullender, and so let it stand till you send it to the table then put it into a dish, put a little sweet cream to it, and so serve it in

To make a Codling Cream.

After your Codlings be thoroughly cooled and yielded, put them into a silver dish, and fill the dish almost half full with Rose-water, and half a pound of Sugar, boil all this liquor together, until half be consumed, and keep it stirring till it be ready, then fill up your dish with sweet cream, and stir it till it be well mingled, and when it hath boiled round about the dish, take it up, sweeten it with Sugar, and serve it cold.

How to make a Goosberry Fool.

take your Goosberries and pick them and put them into clean water and boil them till they be all as thick

Delight.

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thick that you cannot discern what
it is, to the value of a quart, take six
yolks of Eggs well beaten with
Rose-water, and before you put in
your Eggs season it well with Sugar,
then strain your Eggs, and let them
boil a little while, then take it up,
put it in a broad dish, and let it stand
till it be cold, thus it must be eaten.

How to make a white Fool

Take a quart of Cream, and set it
over the fire, and boil it with whole
Cinnamon, and sliced Nutmeg,
and Sugar, then when it is almost
ready, take the white of six Eggs
well beaten with Rose-water, and
scum off the froth from them, and
put it into the Cream, and boil it
together a pritty while, then season
it and take the whole spice out of it,
and put it up in a broad dish, and
when it is cold, then it must be eaten.

To make a Goosberry Custard.

Take as many Goosberies as
you please, boill them till they be
soft

8 *A True Gentlewoman*

soft, then take them out, and let them stand and cool, and drain them, draw them with your hand through a Canvas strainer, then put in a little rose water, Sugar, and three whites, and stir them altogether, put them in a skillet, and stir them apace, else they will burn, let them stand and cool a little while, and take them off, and put them in glass.

To make a Fool.

Take two quarts of Cream, set it over the fire, and let it boil, then take the yolks of twelve Eggs, and beat them very well with three or four spoonfuls of cold Cream, before you put the Eggs into the hot Cream, take three or four spoonfuls of the Cream out of the skillet and put into the Eggs, and stir it together, and then strain the Eggs into the skillet of hot Cream stirring it all the time to keep it from turning, then set it on the fire: and let it boil a little while, but

and le but keep it still stirring for fear of
d drain burning, then take it off, and let it
our hand stand and cool, then take two or
then put three spoonfuls of Sack, and put it
ar, and in the dish, and some four or five
altogeth Sippets and put them in the dish, set
d stirre the dish and Sippets a drying. and
rn, le when they be dry that they hang to
e while the dish, sweeten the Cream, and
em in pour it in the dish softly, because the
Sippets shall not rise up, this will
make three dishes, when it is cold it
is fit to be eaten.

To make Chees-cakes.

For the crust take half a pint of
flower, and four spoonfuls of cold
water, and three parts of a quarter
of a pound of Butter, beat and
knead these together and put the
past a sunder several times, then roul
it square, and turn it over, then take
a pint of Cream, and seven Eggs,
and a quarter of a pound of Sugar,
and a quarter of a pound of Cur-
rans plumpt before you put them in
and a whole Nutmeg grated on a
N knife

to *A True Gentlewomans*
knife, and some Pepper beaten,
but not too much, it must be gent-
ly boiled and stirred as you do but-
tered Eggs, the stuffe must be cold,
and then put in the coffin, and so
bake it.

To make a Sack Posset.

Take two quarts of pure good
Cream, a quarter of a pound, of the
best Almonds, stamp them in the
Cream, and boil Amber and Musk
therein, then take a pint of Sack in a
Bason, and set it on a chaffing dish
till it be bloud-warm, then take the
yolks of twelve Eggs, with four
whits, and beat them very well to-
gether, and so put the Egges into the
Sack, and make it good and hot, let
the cream cool a little before you
put it into the Sack, then stir alto-
gether over the coales, till it be as
thick as you would have it, if you
take some Amber and Musk, and
grind it small with Sugar, & strew it
on the top of the posset it will give
it a most delicate and pleasant taste.

To

Delight.

I E

To make Leach.

Make your Jelly for your Leach with Calves feet, as you do your ordinary Jelly, but a little stiffer, and when it is cold, take off of the top and bottome, and set it over the fire with some Cinnamon and Sugar, then take your Turnsele, being well steeped in Sack, and crush it, and so Strain it into your Leach, and let it boil to such a thickness, that when it is cold you may slice it.

To make yellow Leach,

Your yellow Leach is just the same, but in stead of Turnsele, you must colour it with Saffron, and when it is boiled enough, then put in your Saffron, and not before, it must not boil in it.

To make a slipcoat Cheese.

Take five quarts of new Milk from the Cow, and one quart of water, and one spoonful of Runnet and stir it together, and let it stand till it doth come, then lay your Cheese-cloth into the Vare, and

N 2

take

12 *A true Gentlewomans*

take up your Curd as fast as you can and
without breaking, and put into your Vate, and let the Whay soak out of fine
It self; when you have taken It all up, and
lay a cloth on the top of it, and one stif
pound wait for one hour, then lay an
two pound weight for an hour more, cut
then turn him when he hath stood Su
two hours, lay three pound on him an
for an hour more, then take him out al
of the Vate, and let him lie two or se
three hours, and then salt him on
both sides, when he is salt enough take
a clean cloth and wipe him dry, then
let him lie a day or a night, then put
Nettles under and upon him, and
change them once a day, the Cheese
will come to his eating in eight or
nine dales.

To make Cheese Loaves.

Take the Curds of a tender new-
Milk Cheese, and let them be well
pressed from the Whay, and then
break them as small as you can pos-
sible, then take Crums of Manchet,
and

as you can and yolks of eggs, with half the whites
into you and some sweet Cream, and a little
bake out of fine flower, mingle all these together,
it all up, and make a paste of it, but not too
and one stiff, then make them into little loaves
then lay and bake them, when they be baked
ur more cut off the tops and butter them, with
th stood Sugar, Nutmeg, and melted Butter,
on him and put it in with a spoon, and stir it
him out altogether, then lay on the tops and
e two or sear them with scraped Sugar.

How to make a very good Tansie.

Take fifteen Eggs, and six of the
whites, beat them very well, then put
in some Sugar and a little Sack,
beat them again, then put about a
pint or a little more of Cream,
then beat them again, then put in the
juice of Spinnage or of Primrose
leaves, to make it green, then put in
some more Sugar, if it be not sweet
enough, then beat it again a little,
and so let it stand till you fry it,
when the first course is in, then fry
it with a little sweet Butter, it must

14 *A True Gentlewoman.*

be stirred and fried very tender when it is fried enough, then put it in a dish, and strew some Sugar upon it, and serve it in.

To make black Tart stuffe.

To a dozen pound of Prunes take half a dozen of Maligo Raisins, wash and pick them clean, and put them into a pot of water, set them over the fire till all these are like pulpe, and stir them often least they burn too, then take them off, and let them be rubbed through a hair Sieve hard with your hands, by little and little till all be through, then season them to your taste with scarced Ginger.

To make yellow Tart stuffe.

Take four and twenty Eggs, and beat them with Salt together, and put it into a quart of seething Milk, stirring it untill it caudles, then take it off, and put it into a napkin, hanging it up till all the Whey be run through: when it is cold, take it and grind it in a stone mortar with Sack

Delight.

15

Sack and Sugar, to your taste; and otherwise to make it look white, leave the yolks, and instead of Sack put in Rose-water.

To make a made Dish.

Take a quarter of a pound of Almonds, beat them small, and in the beating of them put in a little Rose-water to keep them from oyling, strain them into Cream, then take Artechoke bottoms and Marrow, and boil the redness of the Marrow out, then take a quart of Cream, and boil it with Dates, Rose-water and Sugar, and when it is boiled to a convenient thickness, take it off, and take your Artechoak and pare off the leaves and lay them into a dish, and some Marrow upon them, then pour some Cream upon them, then set it on coals till you serve it in.

A sauce for a Shoulder of Mutton.

Take a few Oysters, and some sweet hearbs, and an Onyon, and a pint of white Wine, and a little beaten Nutmeg, a little Salt, and a

16 *A true Gentlewomans*

large Mace a little Lemon pilled, and
a little Sugar, a little leaker posset, if
you have no Oysters take Capers in
the room of them, and some gravy of
the Mutton.

To fry Apple pies.

Take Apples and pare them, and
chop them very small, beat in a lit-
tle Cinnamon, a little Ginger, some
Sugar, and a little Rose-water, take
your paste, roul it thin, and make
them up as big Pasties as you please
to hold a spoonfull or a little lesse of
your Apples, and to fry them with
butter not too hastily, least they be
burned.

To make Curd Cakes.

Take a pint of Curde, four Eggs,
take out two of the whites, put in
some Sugar, a little Nutmeg, and a
little flower, stir them well together,
and drop them in, and fry them with
a little Butter.

To make Furmentie.

Take a quart of sweet Cream, two
or three spriggs of Mace, and a
Nutmeg

Nutmeg
Cream
French
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Nutmeg cut in half put into your Cream, so let it boil, then take your French Barley or Rice, being first washed clean in fair water three times, and picked clean, then boil it in sweet Milk till it be tender, then put it into your Cream, and boil it well, and when it hath boiled a good while, takes the yolk of six or seven Eggs, beat them very well, to thicken on a soft fire, boil it and stirre it, for it will quickly burn, when you think it is boiled enough, sweeten it to your taste, and so serve it in with Rose-water, and Musk Sugar, in the same manner you may make it with Wheat.

To make an Artechoak Pie.

Take the bottome of six Artechoaks, being boiled very tender, put them in a dish, and put some vinegar over them, season them with Ginger, and Sugar, a little Mace whole, putting them into a Pie, and when you lay them in, lay some Marrow and Dates sliced in and a

18 *A true Gentlewomans*

few Raisins of the Sun in the bottom, with good store of Butter, so close the Pie, when it is half baked, take a dish of Sack, being boiled first with Sugar, and a pill of Orange, put it in your Pie, and set it in the Oven again till you use it:

To make a Chicken Pie.

Make your Paste with good store of Butter, and yolks of Eggs, and Sugar, then take six small Chickens taking out the Breast-bone, and trussing them round, take two Nutmegs and a good quantity of Cinnamon, and put it in in little pieces, take two yolks of Eggs, and beat them with six spoonfuls of verjuyce, then take your juice and verjuyce, and a little salt, stirre them well together, take a good deal of Butter, and wet it in the verjuyce, and put it in the bellies of the chickens, so lay them in the Pie with butter under them, then take half a pound of Currans washed and dried,

dried, so lay them on the top of the Chicken, with a piece of Marrow, Barberries, Grapes, and good store of Butter and Sugar, as will season it, a little before you draw out your Pie, put in Verjuice and Sugar boiled together.

To bake Beef like red Deer.

Take a pound of Beef, and slice it thin, and half a pint of good wine Vinegar, some three Cloves, and Mace above an ounce, three Nutmegs, pound them altogether, Pepper and Salt, according to your discretion, and a little Sugar, mix these together, take a pound and half of Suet shred, and beat it small in a mortar, then lay a row of Suet, a row of Beef, strow your spices between every lane, then your Vinegar, so do till you have laid in all, then make it up, but first beat it close with a rolling pin, then presse it a day before you put it in your paste.

20 *A true Gentlewomans*

To roast a Shoulder of Mutton with Thyme.

Draw your Shoulder of Mutton, and when it is half roasted save the gravie, and cut a good deal of the inside of it and mince it grosse, and boil it in a dish with the gravie, and Thyme, Claret wine, and sliced Nutmeg, and when your Shoulder is roasted, lay it in the dish with sliced Lemon, but remember to scotch your Mutton in roasting, as you do when you boil it.

To roast a Shoulder of Mutton with Oysters.

When you open the Oysters save the liquor, then season them with Pepper, and a little Cloves, and Mace, and Hearbs finely chopped, and the yolk of two or three Eggs chopped small and some Currans perboiled a little, then stufte your Shoulder of Mutton thick with your Oysters, then season it, and lay it to the fire, and roast it, then take the rest of your Oysters, and
boil

boil them with a little white Wine, and some Butter, this is sauce for your shoulder of Mutton, when your Oysters are opened, you may par-boil them in their own liquor, then take them out and season them.

To make Angellers.

Take a quart of new milk, and a pint of Cream; and put them together with a little Runner, when it is come well take it up with a spoon, and put it into the Vate softly, and let it stand two dayes, till it is pretty stiff, then slip it out and salt it a little at both ends, and when you think it is salt enough, set it a drying, and wipe them, and within a quarter of a year they will be ready to eat.

To make black Puddings.

Take your bloud when it is warm put in some salt, and when it is thoroughly cold, put it in your groats well pickt, and let it stand soaking a night, put in the hearbs, which must be

22 *A true Gentlewoman*

be Rosemary, large Savory, Penny-royal, Thyme, and Fennel, then make it soft with putting of good Cream hot until the blood look pale then beat four or five Eggs, white and all and mingle it, then season it with Clove, Mace, Pepper, Fennel seeds, then put good store of Beef suet in your stuff, and mince your fat new too small.

To make white Puddings.

After the humbles are very tender boiled, take some of the lights with the hearts, and all the flesh and fat about them, picking from them all the sinewes, and skin, then chop the meat small as can be, then put to it a little of the Liver very finely searced, some grated bread searced, four or five yolks of Eggs, a pint of very good Cream, a spoonful or two of sack, a little Sugar, Cinnamon, Cloves and Mace, a little Nutmeg, a few Caraway seeds, a little Rose-water mingled with a good deal of swines fat, a little Salt, roul it in rowles two hours before

before you go about it, let the fat side of the skin be turned and steeped in Rose-water till you fill them.

To make Almond Pudding.

Take a pound of Almonds blanched, and beat them very small with a little Rose-water, boil good milk with a flake of Mace, and a little sliced Nutmeg, when it is boiled, take it clean from the Spice, then take the quantity of a penny loaf, grate it, and searce it through a Cullender, and then put it into the Milk, and let it stand till it be pretty cool, then put in the Almonds, and five or six yolks of Eggs, and a little salt and sugar, what you think fit, and good store of Beef suet, and marrow very finely shred.

To make a Pudding to Bake.

Take a penny loaf, pare it, slice it in a quart of Cream, with a little Rose-

24 *A True Gentlewomans*

Rose-water and break it very small
take three ounces of *Iordand* almonds
blanch'd, and beaten small with a
little Sugar, put in some eight Eggs
beaten, a Marrow-bone, and two or
three pippins sliced thin, or any way
mingle these together and put in a
little Ambergiece If you please.

to make a boyl'd Pudding.

Take a pint of Cream, or Milk,
boyl it with a stick of Cinnamon a
little while, and take it off, and let it
stand till it be cold, put in six Eggs,
take out three whites beat your Eggs
a little before you put them into the
Milk, then stir them together, then
take a penny roul and slice it very
thin, and let it lie and soak, and then
bray it very small, then put in some
Sugar, and butter your cloth before
you put it in, it will take but a little
while seething, and when you take it
up, melt a little fresh butter, and a
little Sack and Sugar, beat all these
togeth-

together, and put it into the dish with
your Pudding to be served in.

*To make a Cream Pudding to be
boyled.*

Take a pint and a half of thick
Cream, and boil it with Mace, Gin-
ger, and Nutmeg quartered, then
put to it eight Eggs, with four whites
beaten, and Almonds blancht a
pound, and strained in with the
Cream, a little Rose-water, and Su-
gar and a spoonful of flower searced
very fine, then take a thick napkin,
wet it, and rub it with flower, and
tie the pudding up in it, boil it where
Mutton is boiled, or in the Beef pot
remember to take out the whole
spice out of the Cream when it is
boiled, the sauce for this pudding is
a little sack, Sugar, and a pretty piece
of butter, you must blanch some Al-
monds, when they are blanched, cut
every Almond in three or four pie-
ces the long way, and stick them up
an end upon the pudding very thick.

To

26 *A true Gentlewoman.*

To make a White-pot.

Take a pint and a half of Cream, a quarter of a pound of Sugar, a little Rose-water a few Dates sliced, a few Ralsins of the Sun, six or seven Eggs, and a little large mace, a sliced pippin, or lemon, cut sippet fashion for your dishes you bake in, and dip them in Sack, or Rose-water.

To make a forced dish of any cold Meat.

Take any cold meat and shred it small, a little Cloves and Mace, and Nutmeg, and two yolkes of Eggs, a spoonful or to of Rose-water, a little grated bread, a little Beef suet shred small, make it up in bals, or any fashion you please, and boil them in tried Suet between two earthen dishes, your suet must boll before you put in your meat, for sauce, a little Butter, Verjuyce, and Sugar.

TO

To make a forced dish of a Leg of Mutton or Lamb.

Take a Leg of Mutton, or Lamb cut out the flesh, and take heed you break not the skin of it, then parboil it, and mince it with a little beef suet, put into it a little sweet Herbs shred, three or four Dates sliced, a little beaten Nutmeg, Cloves, and Mace, a few Currans, a little Sugar, a little Verjuice, three or four Eggs, mix them together, and put them in the skin, & let it in a dish, & bake it.

To boil a Calves head with Oysters.

Take the head, and boil it with Water and Salt, a little white wine or Verjuice, and when it is almost enough, then cut some Oysters, and mingle them together, and a blade or two of Mace, a little Pepper, and Salt, and a little liquor of the Oysters, then put it together, and put it to the Calves head, and the largest Oysters upon it, and a slit Lemon, and Barberries, so serve it in.

28 *A True Gentlewoman*

to fry a coast of Lamb.

Take a Coast of Lamb, and par
boil it, take out all the bones as near
as you can, and take some four
five yolks of Eggs beaten, a little
Thyme and sweet Marjoram, and
Parsly minced very small, and beat
it with the Eggs, and cut your Lamb
into square pieces, and dip them in
to the Eggs and Hearbs, and fry
them with Butter, then take a little
Butter, white wine, and Sugar for
sauce.

To stew Saucefedges,

Boil them in faire water and sale a
little, for sauce boyl some Currans
alone, when they be almost tender,
then pour out the water, and put in
a little white wine, Butter and Su-
gar.

To boil Ducks.

when they be half boyled, take a
quart of the liquor and strain it, and
put a quart of white wine, and some
whole Mace, Cloves, and Nutmegs
sliced, and Cinnamon, and a few
Oni.

Onions shred, a bundle of sweet
Herbs, a few Capers, and a little
Sampshire, when it is boyled, put some
Sugar to season it withall.

*To make whitebroth with a
Capon.*

Trusse your Capons, and boil
them in fair water, and when they are
half boyled, take out three pints of
the liquor, and put it to a quart of
Sack, and as much white Wine, and
slice two ounces of Dates half or
quarter wise as you please, a little
whole Mace, Cloves, and Cinnamon,
a Nutmeg shred, of each a little
quantity, boil the broth in a Pipkin
by it self, until the Dates begin to be
tender, then put in the marrow of
two bones, and let it boil a little not
too much, then when your Capons
be near ready, break twenty Eggs,
save the yolks from the whites, and
beat the yolks untill you may take
up a spoonfull and it will not
run beside the spoon, then you must
put a little cold broth to him, and
so

30 *A True Gentlewomans*

so straine them through a cloth, then take up some of the hot broth to beat your Eggs, because else it will turn, let it have a walm or two after your Eggs be in, but not seeth too much for fear it turns, then dish your Capons, and pour your broth on them, and garnish your dish as you please.

To make stewed Broth.

Take a neck of Mutton, or a rump of Beef, let it boil, and scum your pot clean, thicken your pot with grated bread, and put in some beaten spice, as Mace, Nutmegs, Cinnamon, and a little Pepper, put in a pound of Currans, a pound and a half of raisins of the Sun, two pound of prunes last of all, then when it is stewed, to season it with a quart of Claret and a pint of Sack, and some Sanders to colour it, and a pound of Sugar to sweeten it, or more it need be, you must seeth some whole spice to garnish your dish withall, and a few

h, then few whole Prunes out of your Pot.

*To make gallendine sauce for
a Turkie.*

Take some Clarret wine, and some
grated bread, and a sprig of Rosema-
ry, a little beaten Cloves, a little
beaten Cinnamon, and some Sugar.

*An exceeding good way to stew
Chickens.*

Take Chickens, fley them, and
cut them in pieces crosse-way, then
put them in a pipkin or skillet, and
cover them almost with pepper, and
Mace, and water, so let them stew,
softly with a whole Onion in it, till
part of the liquor be consumed,
then put in as much white Wine as
will cover them again, take Parsley
sweet Majoram, winter Savory, with
a little Thyme, and shred them very
small, and put them in, and let them
boil till they are almost enough then
put in a good piece of butter.

To boil a Leg Mutton.

Take a Leg of Mutton and stuff it for the stuffing take a little Beef Suet and a few sweet Hearbs, chop them small and stuff it, then boil it and put in a handful of sweet hearbs cut them small. mingle a hard Egg amongst the hearbs, and stew it upon the Mutton, melt a little Butter and Vinegar, and put it into the dish and send it in.

To keep Quinces all the year.

First you must core them, and take out the kernels clean, and keep the cores and kernels, and set over some water to boil them, then put them in when you set over the water, then let them boil till they be a little soft, and then take them up, and set them down till they be cold, then take the kernels and stamp them and put them into the same water they were boiled in, and let them boil till they be thick, see you have as much liquor as will cover the Quinces, and if you have not enough, take of

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the smallest Quinces, and stamp them to make more liquor & when it is boyled good and thick, you must strain it through a course cloth, and when the Quinces be cold, then put them into a pot, and the liquor also, and besure the liquor cover them, you must lay som weight upon them to keep them under, so cover them close, let them stand fourteen dayes, and they will work of their own accord, and they will have a thick rind upon them, and when they wax hoary or thick, then take it from the liquor, for it will have a skin on it within a month or six weeks.

To pickle Cucumbers.

Take the Cucumbers and wash them clean, and dry them clean in a cloth then take some water, Vinegar, Salt, Fennel tops, and some Dill tops, and a litle Mace, make it satt enough and sharp enough to the taste then boyle it a while, and then take it off, and let it stand and be cold,

34 *A True Gentlewoman*

cold, then put in the Cucumbers and lay a board on the top to keep them down, and tie them close, and within a week they will be fit to eat.

To pickle Purslain.

Take the Purslain and pick it in little pieces, and put it into a pot or barrell; then take a little water, Vinegar, and Salt, to your taste, it must be pretty strong of the Vinegar and Salt, and a little Mace, and boil all these together, and pour this liquor in seething hot into the purslain, and when it is cold tie it close, but lay a little board on the top to keep it down and within a week or two it is fit to eat.

To do Clove Gillyflowers up for Salleting all the year.

Take as many Clove-gillyflowers as you please, slip off the leaves then strow some Sugar in the bottom of the Gallipot that you do them in, and then a lane of Gilliflowers, and then a lane of Sugar, and so do till

Delight.

35

all the Gilliflowers be done, then pour some Clarret wine into them, as much as will cover them. then cut a piece of a thin board, and lay it on them to keep them down, then tie them close, and let them in the Sun, and let them stand a month, or thereabouts, but keep them from any rain or wet.

To pickle Broom buds.

Take as many Broom buds as you please, make linnen bags. and put them in and tie them close, then make some Brine with water and Salt, and boil it a little, let it be cold, then put some brin in a deep earthen pot, and put the bags in it and lay some weight on them, let it lie there till it look black, then shite it again, so you must do as long as it looks black you must boll them in a little caldron, and put them in Vinegar a week or two, and then they will be fit to eat.

36 *A True Gentlewoman*

To pickle Oyſters.

Take your Oyſters and pick them out of the ſhells, and ſave the liquor that cometh from them, then take your Oyſters one by one, and waſh them clean out of grift, then ſtrain the liquor, and take a quantity of white wine, and a large Mace or two, and two or three ſlices of Nutmeg, and Pepper groſſy beaten, and ſalt them, boil it together then put in your Oyſters and boil them, take the yolk of an Egg, and beat it well with wine Vinegar, then take up your Oyſters and let them cool, then put in your Egg, and let it boil, take it off, and let it cool, and put it up together.

To make Grout.

Take ſome Wheat and Bean, and when you have made it into Malt, then rittle it, take ſome Water or ſome ſmall worr, and heat it ſcalding hot, and put it into a pail, then ſtir in the Malt, then take a piece of ſour
leaven

leaven and stir it about, and cover it, and let it stand till it will. Cream, then put in some Orange pills, then put it over the fire and boil it, keeping it stirring till all the white be gone.

To make Jelly of Marmaliet.

Take Quinces and pare them, cut them into water in little pieces, and when you have done all, then take them out of the water, and weigh them, and to every pound of Quinces take five quarters of a pound of Sugar, and half a quarter, then put it into the skillet, and put as much water as will make it pretty thin, then set it on the fire, and clarifie it with the white of an egg, and scum it off clear, then put in your Quinces, and let it boll a pretty space, and cover it close till it is pretty thick, then leave stirring it till it is thick enough for Marmaliet, and take it off and put it in a glasse, and do it with your knife in little workes, when you have done, let it stand, your posnet must boil all

38 *A True Gentlewomans*

the while, you must put in as much water as will make it pretty thin, when it is boiled to a pretty good colour, then stir it and weigh it, then take of loaf Sugar, as much as it weighs, and boil it all together to a jelly, then pour it in to your Marmaliet glasse, then put it in a stove, and put some fire in every day.

To make jelly of Pippins.

Take Pippins, pare, quarter and core them, lay them in water, and when you set them on the fire shifte them in another water, and put them in a skillet, and put as much water as will cover them, and a little more, set them over the fire and make them boil as fast as you can, when the Apples are soft, and the liquor taste strong of the Apples, then take them off, and strain them through a piece of canvas gently, take to a pound of juice, a pound of Sugar, then set it on the fire, when it is

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is melted, strain it into a Bason, and
rince your skillet again, set it on the
fire, and when it is boiled up then
scum it, and make it boil as fast as
you can, and when it is almost boiled
put in the juyce of three Lemons
strained through a cloth, if you will
have Orange pill pare it thin, that
the white be not seen, and then lay it
in the water all night, then boil them
in the water till the pill be soft, then
cut them in long pieces, then put it
into the Sirup and stir it about, and
fill your glasses, and let it stand till
it be cold, and then it is ready to
eat.

To preserve green Walnuts.

Take Walnuts, and boil them till
the water do taste bitter, then take
them off, and put them in cold wa-
ter, and pill off the bark, and weigh
as much Sugar as they weigh, and a
little more water then will wet the
Sugar, set them on the fire, and when
they

40 *A True Gentlewoman*

they boil up take them off, and let them stand two dayes, and boil them again once more.

To preserve white Quinces.

Take a pound of Quinces, boil them with the skin on, but core and pare them, take a quarter of a pound of Sugar, with water no more than will wet the Sugar, put the Quinces into it presently, boil them as fast as may be, and skin them, when the sirrup is thick take it up.

To make Goosberry Tarts.

Take a pint of Goosberries, and put them into a quarter of a pound of Sugar, and two spoonfulls of water, and put them on the fire and stir them as you did the former.

To preserve Rasberries.

Take as many as you please, a lay of Sugar, and a lay of Rasberries, and so lay them into the skillet, and as much Sugar as you think will make Sirrup enough, and boil them, and

and put two Spoonfuls of water in,
boileum it, take it off, and let it stand.

To preserve Currans:

Part them in the tops, lay a lane
of Currans, and a lane of Sugar, and
so boile them as fast as you do Ras-
berries, do not put in the Spoon, but
suck them, boile them till the sirrup
be pretty thick, then take them off,
and let them stand till they be cold,
and then put them into a glass.

To preserve Medlers.

Take the iust weight of Sugar as
they weigh, to a pound of Sugar put
a pint and half of water, scald them
as long as the skin will come off,
stone them at the head, put the water
to the Sugar, and boile it, and strein
it, put in the Medlers, boile them a-
pace, let them stand till they be thick
then take them off.

To preserve Goosberries.

Take the fairest Goosberries you
can get with the stalks on, prick

thrice or four holes in every one of them, then take the weight of them in Sugar, lay the best part of the Sugar in the bottom of a Silver or pewter dish, then lay your Goosberries one by one upon it, strew some of the rest of the Sugar upon them, and put two spoonfulls of the water into half a pound, then set the Goosberries on a chafing dish of Coales, and let them stand uncovered, scalding upon the fire a pretty while before they boil, but not too long, for then they will grow red, and when they be boiling, let them not boil too fast, when they be enough put them up, you must put the rest of the Sugar on them as they boil, and that will harden them and keep them from breaking.

To make Goosberry Cakes.

Prick as many Goosberries as you please, and put them into an earthen picher, and set it in a kettle of water, till they be soft, and then put them
into

into a sieve, and let them stand till all the juice be out, and weigh the juice and as much Sugar as sirupe, first boil the Sugar to a Candy and take it off, and put in the juyce, and set it on again till it be hot, and take it off, and set them in presse till they be dry, then they are ready.

To do Goosberries like Hops.

Take pricks of Black thorn, then take Goosberries, and cut them a little a crosse, take out the stones put them upon the pricks, weigh as much Sugar as they weigh, and take a quart or a pint of water, and put into the Sugar, and let it boil a while, then put in the Hops, let them stand and scald two hours upon the coales till they be so't, then take out the Hops, and boil the sirrup a while, then take it off, and put in the Hops.

To preserve Apricocks.

First stone them, and weigh them and take as much Sugar as Apricocks,

44 *A True Gentlewomans*

cocks, put in a bason, some in the bottome, and some on the top, let them stand all night, set them on the fire till they be scalding hot, then heat them twice more.

To make Apricock Cakes.

Take as many Apricocks as you please, and pare them, put as much Sugar as they weigh, take more water then will melt the Sugar, then boil the Sugar and it together, till they be pretty stiff, then take them off, and put them in saucers.

To make Mackeroon.

Take half a pound of Almonds, put them in water, stamp them small, put in some Rose-water, a good spoonful of flower, four Eggs, half a pound of Sugar, in the beating of the Eggs put in the Almonds, heat the Oven hot enough to bake a Custard, put them in, when you have taken them out, let them stand till they be cold, they must be baked in earthen pans round, and buttered very thin.

How

How to preserve white Damsons geen.

Take white Damsons, scald them in water till they be hard, then take them off, and pick as many as you please take as much Sugar as they weigh, strew a little in the Bottome, put two or three Spoonfuls of water, then put in the Damsons and the Sugar, and boil them, take them off, then let them stand a day or two then boil them again, take them off and let them stand till they be cold.

How to preserve Mulberries.

Take as many Mulberries as you please, and as much Sugar as they weigh: First wet the Sugar with some juyce of Mulberries, stir your Sugar together then put in your Mulberries, then boil them apace, till you think they are boyled enough, then take them off, and boil the sirrup a while, and put it into the Mulberries, let them stand till they be cold.

46 *A True Gettlewomans*

To preserve Pippins white.

Take some Pippins and pare them and cut them the crosse way, and weigh them, add to a pound of Sugar, a pint of water, then put the Sugar to the water, and then let it boil a while, and then put in the Pippins, and let them boil till they be clear at the core, take them off, and put them up.

To make white Quince Cakes.

Scald Quinces, and let them stand till they be cold, but not seethed till they be tender enough, then take them off and pare them, then scrape off the softest, and do it through a sieve, and then weigh as much Sugar as it doth weigh, and beat it and sift it into the Quinces and stir it altogether, and set it on the coales and stir it about but let it not boil at all but let it stand and cool till it be pretty thick, then take it off, and put it in glasse saucers.

How

How to preserve Grapes.

Stamp and strain them, let it settle a while before you wet a pound of Sugar or Grapes with the juice, stone the Grapes save the liquor, in the stoning take off the stalks, give them a boiling, take them off, and put them up.

To preserve Damsons.

Take as many as you please, and weigh as much Sugar as they weigh and strew some on the bottome, and some on the top, and you may wet the Sugar with some Sirrup of Damsons, and a little water then set them on the fire and let them stand and soak softly, about an hour, then take them off, and let them stand a day or two, then boil them up till you think they be enough, take them off and put them up.

To make Cakes of Lemons or Violets.

Take of the finest double refined Sugar beaten very fine, and searced through fine tiffonale; and to half a silver porrenger of Sugar, put

48 *A True Gentlewoman*

put to it two spoonfuls of water, and
boil it till it be almost Sugar again,
then grate of the hardest rinded Le-
mon, then stir it into your Sugar,
put it into your coffins of paper, and
when they be cold take them off.

How to preserve Quinces red.

Take your Quinces and weigh
them to a pound put a pound of Su-
gar, and half a pint of water, put
your water to your sugar, and let it
stand, your Quinces must be scald-
ed till they be tender, take them off
pare them, and core them, but not
to much, then put them into the skil-
let where the Sugar is, then set them
on the fire, and let them boil two
hours, if it be not enough, boil it a
little more, pour it to the Quinces,
and stop it close.

To make Bisket Bread.

Take a pound and a half of white
loaf-Sugar, and so much flour, as
much Annise-seed, Coriander seed,
and

and Carraway seed as you please,
and twelve Eggs, three whites left
out, take the Sugar, and sift it fine,
and the flower also, and beat your
Eggs a little, and mingle them well
together, with four spoonfuls of
Damask-Rose-water, beat them well
together, and put in two spoonfuls
more, and beat it again about an
hour and an half in all, then butter
plate trenchers, and fit them with
Ruffe, scrape some Sugar on them,
and blow it off again, heat your oven
hot enough to bake a pie, and let
the lid stand up a little while, to draw
down the heat 'rom the top, then
take the lid down again, and let it
stand till it be cold, that you may
suffer your hand in the bottom, then
set in the plates, and set up the lid a-
gain untill they rise, then take them
out, and loose them from the plates,
and scrape the bottoms, and let them
stand four hours, then they be fit to
eat.

How

50 *A true Gentlewomans*

*How to preserve Grapes so look cleare
and green.*

Take a pound of Grapes with their
stalkes on them, when they do begin
to be ripe, then weigh as much double
refined Sugar, beaten small, then
take the Grapes that are weighed,
stone them at the place where the
stalks are, pull off the skin, and
strain some sugar in the bottom of
the thing you do them in, and so
lay them in the Sugar you did weigh,
till you have stoned and pilled them
and so strew the Sugar upon them,
and set them on the fire and let them
boil as fast as can be till the sirrup
be pretty thick, then take them off, and
put them up untill they be cold.

How to candy Apricocks.

Take your Apricocks, the fairest,
and scald them and pill them, be-
tween two clothes, crush the water
softly out of them as dry as you can
without too much flattening them,
then take of Searced Sugar almost as
much

much as they welegh, and boile it altogether to a candy height, then take it off the fire, and lay the Apricocks in it one by one, with a feather, annoint them over, then set them on a chafingdish of coales, and let them be through sod but not boile, then take them off the fire, and set it on the stove or blood warm oven, and twice a day set them on a fire, and turn them once at every heating, annoint them with a feather, and the same sirrupe every time you take them off the fire, this do untill you see the sirrupe begin to sparkle and be full of eyes, then take them out of the sirrup and lay them on glass plates, and dry them in a Stove or Oven, turning them a day or two till they be dry: White Pear-plums may be done thus.

How to make paste of Goosberries, or Barberries, or English Currans.

Take any of these tender frukes and boile them softly on a chafingdish of coales, then strain them
with

52 *A True Gentlewoman*

with the pap of a roasted Apple, then take as much Sugar as it weighes, and boil it to a candy height, with as much Rose-water as will melt the Sugar, then put in the pap of your fruit into the hot Sugar, and let it boil lessurely, till you see it reasonable stiff, almost as thick as for Marmalade, then fashion it on a sheet of glasse, and so put it into the oven, upon two billets, that the glasse may not touch the bottom of the oven, for if it do it will make the paste tough, and so let it dry lessurely, and when it is dry you may box it and keep it all the year.

How to make paste of Oranges and Lemons.

Take your Oranges and Lemons and set on the fire two vessels of fair water at once, boil them, and then shift the water seven times, that the bitterneffe may be taken from them, and they very tender, then cut them through the middest, and take out the kernels, and wring out all the water from

from them, then beat them in an Alabaſter mortar, with the papps of three or four Pipplins, then ſtrain it through a fine ſtrainer, then take as much ſugar as that pap doth weigh, being boiled to a candy height, with as much Roſe-water as will melt the ſugar, then put the pap of your Oranges and Lemons into the hot ſugar, and ſo let it boil leiſurely with ſtirring, and when you ſet it Riſſ, as for Manchet, then faſhion it on a ſheet of glaſſe, and ſo let it in a Stove or Oven, and when it is thoroughly dry, box it for all the year.

How to make Paſte Royal in Sauces.

Take Sugar, the quantity of four ounces, very finely beaten and ſearced, and put it into an ounce of Cinamon and Ginger, and a grain of Muſk, and ſo beat it into paſte, with a little Gum-dragon ſteeped in Roſe water, and when you have beaten it into paſte in a ſtone mortar, then
roul

54 *A True Gentlewoman*
roule it thin, and print it with your
moulders, then dry it before the fire
and when it is dry box and keep it
the year,

*How to candy Pears, Plums, or
Apricocks, that they shall look
as clear as Amber*

Take your Apricocks and Plums
and give every one a cut to the stone
in the notch, and then cast Sugar
on them, and bake them in an Oven
hot as for Manchet, close stopped
bake them in an earthen platter, let
them stand half an hour, then take
them out of the dish, and lay them
one by one upon glasse plates, and
so dry them, if you can get glasses
made like Marmalade Boxes to lay o-
ver them, they will be the sooner can-
died: this is the manner to candy a-
ny such fruit.

*How to make PASTE Royall white,
that you may make Court Boles,
Caps, Gloves, Shoes, or any
pretty thing in Moulds.*

Take half a pound of double re-
fined,

Delight.

55

finest Sugar, and beat it well, and
searce it through a fine Lawn, then
put it into a fine Ablaster mortar,
with a little Gum-dragon steeped
in a little Rose-water, & one grain
of Musk, so beat it in a mortar til
it comes to a pretty paste, then roul
it thin with a roul-ing-pln, and print
it with your moulders like Gloves,
Shoes, or any thing else, and some
you may roul very thin with a roul-
ing-pln. & let it dry in an ashen dish,
otherwile called a Court Cup, and
let it stand in the dish til it be dry,
and it will be like a saucer, you must
dry them on a board far from the
fire, but you must not put them in
an Oven: they will be dry in two
or three hours, and be as white as
snow, then you may guild Box and
Cap.

How to make fine Dyes-Bread

Take a pound of fine Flower
twice or thrice dress'd, and one pound
and a quarter of fine Sugar finely
beaten, and take seven new laid
Eggs

56 *A True Gentlewomans*

Eggs and put away the yolk of one of them, and beat them very well and put four or five Spoonfuls of Rose-water amongst them, and then put them in an Alabaſter or Marble mortar, & then put in the flower and Sugar by degrees, and beat it or pound it for the ſpace of two hours, until it be perfectly white, and then put in an ounce of Carraway ſeed, then butter your plates or ſaucers, and put in of every one, and ſo put them into the Oven; if you will have it glosſe and Ice on the top you muſt waſh it with a feather, and then ſtrew Sugar very finely beaten on the top, before you put it into the Oven.

How to preſerve Apricocks.

Take your Apricocks and put them into a ſkillet of fair water and put them over the fire until they be ſomething tender, then take them up out of the water, and take a bodkin and thruſt out the ſtone.

the top, and then peel off their skins, and when you have done, put them into a silver dish, or bason, and lay Sugar very finely beaten over and under them, then put a spoonfull or two of water unto them, and set them over a very soft fire untill they be ready, then take them up, and lay them into another dish a cooling, and if you see good, boil the sirrup a little more, when they are cold, and the sirrup almost cold, put them up into a gally-pot or glasse together.

How to preserve Damsons.

Take a pound or something more of pure sugar finely beaten, and then take a pound of Damsons, and cut a scotch in the side of each of them, and put a row of sugar on a silver dish or bason, & then lay in a row of plums, and then cover it with sugar, and so lay it in till they be all in, and then take two spoonfulls of clean water, and make a hole in the middle of
P them

58 *A true Gentlewomans*

them, and set it over a soft fire and look to it carefully for fear the sugar should burn, and when the Sugar is all dissolved, shake them together, and stir them gently, and then set them down and cover them till they be cold, and when they be cold, set them upon the coales again, and then let them boil gently till they be ready, and when they are ready, take them down and take them every one by its stem, and cover them with the skins as well as you can, and then put them all one by one in a dish, and if the sirrup be not boiled enough, set it over and let it boil a little longer, and when the plums be cold, put them in a gally-pot, or glasse, and pour the sirrup to them while it is a little warm, you must not forget to take away the skin of the Plums as it riseth.

How to make pap of Barley.

Take Barly and boil it in fair water

water solidly untill it begin to break then put that liquor out, then put as much hot liquor to it as you put forth, and so let it boil till it be very soft, then put it into a Cullender and strain it, then take a handfull of Almonds, and grind them very well with your barly and some of the liquor, so season it with sugar, and a little Rose-water, a little whole Mace and Cinnamon, and boil them well together:

How to candy Oranges and Lemons.

Take the peels of your Oranges and Lemons, the white cut away, and lay them in water five or six days, shifting them twice every day, then seeth them till they be very tender, then take them out of the water, and let them lie till they be cold, then cut them in small pieces square, the bignesse of a penny or lesse, then take to every three two ounces of sugar, put to it a quantity of fair wa-

60 *A true Gentlewoman*

ter, and a lesse quantity of Rose-water, and make a sirrupe thereof, then scum it very clean, and put in your peels, and let them boil for the space of an hour, or longer, if you find your liquor wanting you may put in more water at your pleasure, then boil them a little space after with a little sharp fire, stirring it alwaies for burning, then take it off the fire three or four times, stirring them all the while, and set them on again untill they be candied.

How to make Cake of Almonds.

Take one pound and a half of fine flower, of sugar twelve ounces beaten very fine, mingle them well together, then take half a pound of Almonds, Blanch them, and grind them fine in a mortar, then strain them with as much sack as will mingle the Flower, Sugar, and Almonds together, make a paste, bake them in an Oven not too hot.

How

How to make white Lemon Cakes.

Take half a dozen of white Lemons the best you can get, then cut and pare them, leave none of the yellow behind, then take away the four meat of it, and reserve all the white, and lay it in water two dayes, then seeth it in fair water til it be soft, then take it out and set it by till the water be gone from it, then weigh it, and take twice the weigh in sugar, mince the white it. ffie very fine, then take an earthen plpkin, and put ther in some fair water, and some Rose-water, if you have a pound of Sugar, you must have half a pint of water, of both sorts alike, let your water and sugar boil together then scum it, and put in the stufte, and so let them boil together, alway stirring it till it be thick, it will shew very thin, and when it is cold it will be thick enough

To make Oyl of Violets:

Set the Violets in Salade oyle,

P 3

and

62 *A True Gentlewoman's*

and strain them, then put in other fresh Violets, and let them lie twenty daies, then strain them again, and put in other fresh Violets, and let them stand all the year.

To preserve Pomecitrons.

Take Pomecitrons and grate off the upper skin, then slightly cut them in pieces as you think good, lay them in water four and twenty hours, then set over a posnet with fair water, and when it boils put them in, and so shift til you find the water to be not bitter then take them up and weigh them, and to every pound of Pomecitron put a pound and a quarter of Sugar, then take of your last water a pint & quarter, let your water and Sugar, over the fire, then take two whites of Eggs and beat them with a little fair water and when your sirrup begins to boil, cast in the same that riseth from the Eggs, and so let it boil, then let it run through a clean fine cloath, then put it in a clean Posnet, and when your sirrup begins to boil

put

put In your Pomecltron and let it
boil softly three or four hours, untill
you find your sirrup thick enough, be
sure you keep them always under sir-
rupe, and never turn them, take them
up and put them into your glasse and
when they be cold cover them.

To Candie Ringus Roots.

Take your Ringus Roots and
boil them reasonable tender, then peel
them and pith them, then lay them
together, then take so much sugar as
they weigh, and put it into a posnet
with as much Rosewater as will melt
it, then put in your Roots, and so let
it boll very softly untill the Sugar be
consumed Into the Roots, then take
them and turn them, and shake them
till the Sugar be dried up, and then
lay them a drying upon a lettice of
wyer, untill they be cold, in like sort
you may candy any other Roots,
which you please,

64. *A true Gentlewomans*
To candie all kind of Fruittages, as
Oranges, Lemons, Citrons, Lettice-
stocks, the Sugar-candy, such as the
Comfet makers do candy the Fruits
with.

Take one pound of refined Su-
gar, and put it into a posnet with as
much water as will wet it, and so
boil it till it come to a Candy height,
then take all your fruit being prefer-
ved & dried, then draw them through
your hot Sugar, and then lay them
on your hardle, and in one quarter
of an hour they will be finely candied.

*To candy all kind of Flowers in ways
of Spanish Candy.*

Take double refined Sugar, put
it into a posnet with as much Rose-
water as will melt it, and put into it
the pap of halfe a roasted Apple, and
a grain of Musk, then let it boil till it
come to a Candy height, then put in
your flowers, being pick'd, and so
let it boil, then cast them on a fine
plate, and cut it in waves with your
knife,

knife, then you may spot it with gold
and keep it.

To make Essings.

Take one peck of Oatmeal grout,
the greatest you can get, and the whi-
test, pick it clean from the black, and
searce out all the smallest, then take
as much evenings milk as will cover
it, and something more, boil it and
cool it again till it be blood warm,
then put it to the Oatmeal, and let it
soak all night, the next morning
strain it from your milk as dry as
you can through a cloath, then take
three pints of good Cream, boil it
with a Mace, and the yolks of eight
Eggs, when it is boiled put it into
your stufte, then put in six Eggs
more, whites and yolks season it with
a good quantity of Cinnamon, Nut-
meg, and Ginger, and a lesse quan-
tity of Cloves, and Mace, put in as
much Sugar as you think will sweet-
en it, have a good store of Suet, shred

66 *A True Gentlewomans*

small, and forget not Salt, so boile them.

To make Sugar Cakes.

Take one pound of fine flower, one pound of Sugar finely beaten and mingle them well together, then take seven or eight yolks of Eggs, and if your Flower be good take one white or two as you shall think good take two Cloves, and a pretty piece of Cinnamon, and lay it in a Spoonfull of Rosewater all night, and heat it almost bloud warm, temper it with the rest of the stuffe, when the Paste is made make it up with as much haste as you can, bake them in a soft oven.

To make a Calves foot Pie.

Take your Calves feet, boil them and blanch them, then boil them again till they be tender, then take out all the bones, season it with Cloves, Mace, Ginger, and Cinnamon, as much as you shall think good, then put in a good quantity of Currans and

and Butter, bake your Pie in a soft oven, and when it is baked, take half a pint of white Wine Vinegar, beat three yolks of Eggs, and put to the coales, season it with sugar, and a little Rose-water, alwaies stirring it then put it into your Pie, and let it stand half a quarter of an hour.

How to make a very good Pie.

Take the backs of four white Herrings watered, the bones and skin taken away, then take so much Wardens In quantity pared and cored, half a pound of Raisins of the Sun Stoned, mince all these together, and season it with Cinnamon and Ginger, and when the Pie is baked, put in a little Rose-water, and scrape sugar on it, if you put in Butter, then put in a handful of grated Bread.

To make Cimbals.

Take fine Flower dried, and as much Sugar as Flower, then take as much whites of Eggs as will
make

68 *A True Gentlewomans*

make it paste, and put in a little Rose water, then put in a quantity of Coriander seed, and Annise seed, then mould it up in that fashion you will bake it in.

How to preserve Angellica Roots.

Take the Roots and wash them, then slice them very thin, and lay them in water three or four dayes, change the water every day then put the roots in a pot of water, and let them in the embers all night, in the morning put away the water, then take a pound of roots, four pints of water, and two pound of Sugar, let it boil and scum it clean, then put in the roots, it will be boiled before the sirrup, then take them up, and boil the sirrup after, they will ask you a whole days work for they must boil very softly; at *S. Andrews* time it is the best time to do them In all the year.

To boil a Capon with Brewis.

Take a Capon and trusse him
to

to boil, set them on the fire in a good quantity of water, scum it very clean before you set on your Capon, put a little winter Savoury and Thyme into the belly of it, and a little Salt and grosse Pepper, when you have scummed it clean, cover it close to boil, then take a good handfull of hearbs, as Marigolds, Violet leaves, or any such green hearbs as you shall think fit, wash them and set them on the fire with some of the uppermost of the broth that bolles the Capon, then put into it good store of Mace, and boll it with the Capon, when the hearbs be boiled and the broth very green, and almost consumed away take the uppermost of your Capon, and strain it together, and scald your Brewis, and put it into a dish, and lay the Capon on them.

To make a Spice Cake.

Take one bushel of flower, six pound of Butter, eight pound of Cur-

70 *A True Gentlewoman*

Currans, two pints of Cream a po
tle of Milk, half a pint of good Sack
two pound of Sugar, two ounces of
Mace, one ounce of Nutmegs, one
ounce of Ginger, twelve yolkes, two
whites, take the Milk and Cream, and
stir it all the time that it boiles, put
your Butter into a Bason, and put
your hot seething milk to it and melt
all the Butter in it, and when it is
bloud warm, temper the Cake; put
not your Currans in till you have
made the paste, you must have some
Ale-Yest, and forget not Salt.

To make Broth for a Neats-Tongue.

Take Claret Wine, grated Bread,
Currans, sweet Butter, Sugar, Cin-
namon, Ginger, boil them altoge-
ther, then take the Neats. tongue, &
slice it, and lay it in a dish upon sip-
pers, and so serve it.

To souce a Carp or Gurnet.

Take fair Water and Vinegar,
so that it may be sharp, then take
Parsley,

Parsly, Thyme, Fennel, and boil them in the broth a good while, then put in a good quantity of Salt, and then put in your fish, and when it is well boiled, put the broth into a vessel and let it stand.

To make a fine Pudding.

Take Crums of white Bread, and so much fine Flower, then take the yolks of four Eggs, and one white, a good quantity of Sugar, take so much good Cream as will temper it as thick as you would make Pancake Batter, then butter your pan, and bake it, so serve it, casting some Sugar upon it, you must shred Suet very small, and put into it.

To make a broth to drink.

Take a Chicken and a little of the neck of Mutton, and set them on, and scum it well, then put in a large Mace, and so let it boil while the Chicken be tender, then take the Chicken out, and beat it all to pieces

72 *A true Gentlewoman.*

pieces in a stone mortar, and put it
in again, and so let it boil from four
pints to a little more then half a pint
then cast it through a strainer, and
season it.

*To Boil a Chicken, Partridge, or
Python.*

Take your Chicken, and set it a
boiling with a little of the neck of
Mutton, and scum it well, then put
in a Mace, and so let it boil down,
and when it is almost boiled, have
some few hearbs perboiled, as Let-
tice, Endive, Spinage, Marigold
leaves, for note, these Hearbs are
usually used to be boiled, which by
course will hold their colour in boll-
ing, and put some of these aforesaid
hearbs to the Chicken and Mutton, if
you think your broth strong enough,
take out your Mutton, then you
may put a little piece of sweet Butter
and a little Verjuice, and a very lit-
tle Sugar, and Salt, so serve it in with
sippets.

A broth to drink:

Take a Chicken, and set it on, and when it boils scum it, then put in a Mace, and a very little Oatmeal, and such Hearbs as the party requires, and boil it well down, and brulse the Chicken, and put it in again, and it is a pretty broth, and to alter it, you may put in half a dozen Prunes, and leave out the hearbs, or put them in, so when it is well boiled strain it, and season it.

A broth to eat on fasting dayes.

Take fair water and set it a boiling, and when it boileth, put to it so much strained Oatmeal, as you think will thicken it, and a large Mace, a handfull of Raisins of the Sun, as many Prunes, and as many Currans, if your quantity require so boll it, and when it is boiled season it with salt and Sugar, and a piece of sweet butter, if the time will allow it, and for an alteration when this broth is boiled, put in a quantity of
Cream,

74 *A True Gentlewoman's*
of Cream and it will do well.

To make Ponado.

The quantity you will make set on
a Posnet of fair water, when it boile
put a Mace in, and a little piece
Cinnamon, and a handfull of Cu
rans, and so much bread as you thin
meet, so boile it, and season it with sa
sugar, and rose water and so serve it

To make a Caulde:

Take Ale, the quantity that you
meant to make, and set it on the fire,
and when it is ready to boile, scum it
very well then cast in a large Mace,
and take the yolks of two Eggs, for
one messe, or one draught; and beat
them well, and take away the skin of
the yolks, and then put them into the
Ale, when it seetheth, be sure to stir
them well till it seeth again for a
youngling, then let it boile a while,
and put in your Sugar, and if it be
to eat cut three or four toasts of
bread

bread thin and toast them dry. but not brown, and put them to the Caudle, if to drink, put none.

To make Almond Butter.

Blanch your Almonds, and beat them as fine as you can with fair water, two or three hours, then strain them through a linnen cloth, boil them with Rose-water, whole Mace, and Annise seeds, till the substance be thick, spread it upon a fair cloth, draining the whay from it, after let it hang in the same cloth some few hours, then strain it, and season it with Rose-water and Sugar.

To stew beef.

Take a good Rump of Beef cut from the bones, shred Turnips and Carrots small, and Spinnage, and Lettice, put all in a pan, and let it stew four hours with so much water, and a quart of white Wine, as will cover it, when it is stewed enough, then put in a wine glasse full of

76 *A True Gentlewoman*
of Elder Vinegar, and serve it
with sippers.

To sauce a young Pig.

Take a young pig being scalded
boil it in fair water, and white
Wine, put thereto Bay leaves, whole
Ginger, and Nutmeg quartered,
a few whole Cloves, boil it through-
ly, and leave it in the same broth in
an earthen pot.

*To boil Flounders, or Pickrels after
the French fashion.*

Take a pint of white Wine, the
tops of young Thyme and Rosema-
ry, a little whole Mace, a little whole
Pepper, seasoned with Verjuice, salt,
and a piece of sweet Butter, and so
serve it, this broth will serve to boil
fish twice or thrice in, or four times.

To make flesh of Apricocks.

Take Apricocks when they are
green and pare them, and slice them,
and take half their weight in Sugar,
put it to them, so put them in a
skillet, and as much water as you
think will melt the Sugar, so let them
boil

boil, and keep them stirring till, they be tender, and so take them off, and scum them very clean, so put them forth of the skillet, and let them stand, take as much Sugar as you had before, and boil them to a Candy height, and then put in your Apricocks, and set them over a soft fire, but let them not boil, so keep them with oft stirring, till the sirrup begin to jelly, then put them in glasses, and keep them for your use.

To make flesh of Quinces.

Take Quinces, pare them, and core them, and cut them in halves, boil them in a thin sirrup, till they be tender, then take them off, and let them lie in sirrup, then take Quinces, pare them, and quarter them, take out the cores, put as much water to them as will cover them, then boil them till they be very tender, and then strain out the liquor clean from them, and take unto a pint of
that

78 *A True Gentlewoman*

that liquor a pound of Sugar; put
much water to the sugar, as will me
it, then boil it to a candy height, then
stir the Quinces that are in the fire
as thin as you can, when you Sugar
is at a full Candy height, put in a
pint of the liquor, then set it over a
soft fire, stirring it leisurely till the
Sugar be dissolved, then put in half a
pound of your slices keeping it still
stirring, but not to boil you must
take the jelly of Quinces kernels that
have lain in Water two or three hours
take two good Spoonfuls of it, and
put it to the flesh so keep it stirring
leisurely till it begin to jelly upon
the spoon, then put it into thin glasse,
and keep it in a stove.

To Preserve Oranges.

Take a pound of Oranges, and
a pound of Sugar, pill the outward
rind, and inward white skin off, take
juice of Oranges, put them into the
juice, boil them half an hour, and
take them off.

To

To dry Cherries.

Take the fairest Cherries, stone them, take to six pound of Cherries a pound of sugar, put them into a skillet, straining the Sugar among them, as you put them in, then put as much water to them as will boill them, then set them upon a quick fire, let them boill up then take them off, and strain them very cleane, put them into an earthen pan or pot, let them stand in the liquor four daies then take them up and lay them severally one by one upon silver or earthen dishes, set them in an oven after the bread is taken out, and so shift them every day upon dry dishes, and so till they be dry.

To dry Peaches.

Take Peaches and coddle them, take off the skins, stone them, take to four pound of Peaches, a pound of Sugar, then take a gally-pot and lay a lare of Peaches, and a lare of Sugar, till all be laid out, then put in
half

80 *A True Gentlewoman*

half a pint of water, so cover them close, and set them in embers so keep warm, so let them stand a night and a day, put them in a skillet, and set them on the fire to be scalding hot, then put them into your pot again, and let them stand four and twenty houres then scald them again, then take them out of your sirrup, and lay them on silver dishes to dry, you may dry them in an Oven when the bread is taken out, but to dry them in the Sun is better, you must turn them every day into clear dishes.

To boil Veal.

Take Veal and cut it in thin slices, and put it into a Pipkin with as much water as will cover it, then wash a handfull of Currans, and as much prunes, then take a Court roul, and cut it in long slices like a Butchers skiver, then put in a little Mace, Pepper and salt, a piece of Butter, and a little Vinegar, some crums of bread, and when it hath stewed

stewed two hours, take it up, and serve it

To boil a Capon in white broth.

Trusse a Capon to boil, and put it into a pipkin of water, and let it boil two hours, and when it is boiled, take up a little of the broth, then take the yolks of Eggs, and beat them very fair with your broth that you take up, then set it by the fire to keep warm, season it with grated Nutmeg, Sugar, and Salt, then take up your Capon, and pour this broth on it with a little Sack, if you have it, garnish it with sippets, and serve it, remember to boil whole Mace with your Capon, and Marrow if you have it.

To boil a Capon or Chicken in white broth with Almonds.

Boil your Capon as in the other, then take almonds, and blanch them, and beat them very small, putting in sometimes some of your broth to keep them from oyling, when they are beaten small enough,

Q

put

82 *A True Gentlewoman*

put as much of the uppermost brow
to them as will serve to cover the Ca
pon, then strain it, and wring out the
substance clear, then season it as be
fore, and serve it with marrow on b

How to boil Brawn.

Water your Brawn four & twen
ty hours, wash and scrape it four
five times, then take it out of the wa
ter, and lay it on a fair table, then
throw a handfull of salt on every col
ler, then bind them up as fast as you
can with Hemp, Bass, or incle, then
put them into your kettle when the
water boileth, and when it boileth
scum it clean, let it boil untill it be
tender that you may thrust a straw
through it, then let it cool until the
next morning, by the souced meat
you may know how to souce it.

How to boil a Gammon of Bacon.

Water your Gammon of Bacon
twenty four hours, then put it into a
deep kettle with some sweet hay, let

it boil softly six or seven hours, then
take it up with a scummer and a
plate, and take off the skin whole,
then stick your Gammon full of
Cloves, strew on some grosse Pep-
per, then cut your skin like lippets,
and garnish your Gammon, and
when you serve it, stick it with Bayes.

How to boil a Rabbet.

Fley and wash a Rabbet, and slit
the hinder legs on both sides of the
back bone, from the forward, and
truss them to the body, set the head
right up with a skiver, right down
in the neck, then put it to boiling
with as much water as will cover it,
when it boiles scum it, season it with
Mace, Ginger, Salt, and Butter, then
take a handfull of Parsly, and a little
Thyme, boil it by it self, then take it
up, beat it with the back of a knife,
then take up your Rabbet, and put
it in a dish, then put your hearbs to
your broth, and scrape in a Carrot
root, let your broth boil a little
while,

84 *A True Gentlemans*

while, put in Salt, pour it on your Rabbet, and serve it.

How to boil a Mallard with a Cabbage.

Half roast your Fowl, then take it off, and case it down, then put it into a Pipkin with the gravy, then pick and wash some Cabbage, and put it to your Mallard, with as much fair water as will cover it, then put in a good piece of Butter, and let it boil an hour, season it with Pepper and Salt, and serve it upon sops.

How to boil a Duck with Turnips.

Half roast her, then cover her with liquor, boil your Turnips by themselves, half an hour, then cut them in cakes, and put them to your Duck with Butter and Parsley chopt small when it hath boiled half an hour, season it with Pepper and Salt, and serve it upon sops.

How to boil Chickens, and Sorrel Sops

Trusse your Chickens, and boil them in water and Salt very tender, then

then take a good handful of Sorrel,
and beat it italks and ail, then strain
it, and take a Mancher, and cut it in
sippets and dry them before the fire,
then put your green broth upon the
coles, season it with Sugar, and gra-
ted Nutmeg, and let it stand untill
it be hot, then put your sippets into
a dish, put your Chickens upon
them, and pour sauce upon it, and
serve it.

How to boil a Pike in white broth.

Cut your Pike in three pieces, and
boil it with water and salt, and sweet
hearbs, let it boil untill it stain, then
take the yolks of half a dozen Eggs,
and beat them with a little Sack, Su-
gar, melted butter, and some of the
Pikes broth, then put it on the fire
to keep it warm, but stir it often lest
it curdle, then take up your Pike, &
put the head and tail together, then
cleave the other pieces in two, take
out the back bone, and put the one
piece on the one side, and the other
piece on the other side, but blanch

86 *A True Gentlewoman*

all, then pour on your white broth
garnish your dish with sippets and
boiled Parsly, and strew on powder
of Ginger, and wipe the edge of the
dish round, and serve it.

How to boil divers kinds of Fishes.

Bar, Conger, Thornback, Plaice,
Salmon, Trout, or Mullet, boil any
of these with water, Salt, and sweet
herbs, when they boil scum it very
clean then put in Vinegar, and let
it boil till you think it is enough,
your liquor must be very hot of the
Salt, then take it off, you may let it
stand five or six dayes in the liquor,
then if you would keep it longer,
pour that liquor away, and put wa-
ter and Salt to it, or sauceing drink,
you must remember to let your
Mulletts boil softly and your Thorn-
back, and other fish very fast. you
must blanch your Thornback while
it is warm, and when you serve any
of those fishes, strew on some green
herbs,

How

*How to make a Sallet of all manner
of Hearbs.*

Take your Hearbs, and pick them clean, and the flowers, wash them clean, and swing them in a strainer then put them into a dish, and mingle them with Cowcumbers, and Lemons sliced very thin, then scrape on Sugar, and put in Vinegar and Oil, then spread the floures on the top, garnish your dish with hard Eggs, and all sorts of your flowers, scrape on Sugar, and serve it.

*How to stew Steaks betweentwo
dishes.*

You must put Parsley, Currans, Butter, Verjulce, and two or three yolks of Eggs, Pepper, Cloves, and Mace, and so let them boil together and serve them upon sops; likewise you may do steakes of Mutton or Beef.

How to stew Calves feet.

Boil them and blanch them, cut them in two, and put them into a Pipkin with strong broth, then put

88 *A True Gentlewoman*

in a little powder of Saffron, a sweet Butter, Pepper, Sugar, and some sweet hearbs finely minced, let them stew an hour, put in Salt, and serve them.

How to stew a Mallard.

Roast your Mallard half enough, then take it up, and cut it in little pieces, then put it into a dish with the gravie, and a piece of fresh Butter, and a handfull of Parsley chopped small, with two or three Onions, and a Cabbage lettuce, let them stew one hour, then season it with Pepper, & Salt, and a little Verjuice, then serve it.

How to stew Trouts.

Draw your Trouts, and wash them, and then put them into a dish with white wine, and water, and a piece of fresh Butter, then take a handfull of Parsley, a little Thyme, and a little Savoury, mixce these small and put to your Trouts with a little Sugar, let them stew half an hour, then mingle the yolks of two

or

or three hard Eggs, and strew them on your Troues with Pepper and Salt, then let them stew a quarter of an hour, and serve them.

How to stew Smelts or Flounders.

Put your Smelts or Flounders into a deep dish with white Wine and Water, a little Rosemary and Thyme, a piece of fresh Butter, and some large Mace, and Salt, let them stew half an hour, then take a handfull of Parsley, and boil it, then beat it with the back of a knife, then take the yolkes of three or four Eggs, and beat them with some of your fish broth, then dish up your fish upon sippets, pour on your sauce, scrape on Sugar, and serve it.

How to stew a Rabbet.

Half roast it then take it off the spit, and cut it in little pieces, and put it into a dish with the gravie, and as much liquor as will cover it, then put in a piece of fresh Butter, and some powder of Ginger, some Pepper and Salt, two or three Pippins

90 *A true Gentlewomans*

minced small, let these stew an hour
then dish them upon sippets.

How to stew a Pullet or Capon.

Half roast it, then cut it into pieces, put it into a dish with the gravy and put in a little Cloves and Mace, with a few Barberries or Grapes, put these to your pullet with a pint of Claret, and a piece of Butter, let these stew an hour, dish them upon sippets and serve it.

How to stew cold Chickins.

Cut them in pieces, put them into a Pipkin of strong broth, and a piece of Butter, then grate some bread and a Nutmeg, thicken your broth with it, season your meat with grosse Pepper, and Salt, dish it upon sippets, and serve it.

How to make Pastic for a Pasty of Venison.

Take almost a peck of Flower, wet it with two pound of Butter, and as much Suet, then wet your pasty,
put

put in the yolks of eight or ten Eggs, make reasonable li:he paste, then roul it out and lay on Suet; first lay a paper under your paste, then lay on your Venison, close it, pink it, baste it with Butter, & bake it, when you draw it out, baste it with Butter again.

How to make Paste for a Pie to keep long.

Your Flower must be of Rye, and your liquor nothing but boiling water, make your paste as stiff as you can, raise your Coffin very high, let your bottome and sides be very thick, and your lid also.

How to make Paste for a Custard.

Your liquor must be boiling water, make your Paste very stiff, then roul out your paste, and if you would make a great Tart, then raise it, and when you have done cut out the bottome a little from the side, then roul out a thin sheet of paste, lay paper under it, strew flower that it may not stick to it, then set
your

92 *A True Gentlewoman*

your coffin on it, of what fashion you will, then dry it, and fill it, and bake it.

How to make Paffe for buttered Loaves.

Take a pottle of Flower put therein to Ginger, and Nutmegs, then wet it with Milk, yolks of Eggs, Yest, and Salt, then make it up into little loaves, then butter a paper, and put the loaves on it, then bake them, and when they are baked draw them forth and cut them in Cakes, butter them, then set them as they were, scrape on Sugar, and serve them.

How to make paffe for Dumplings.

Season your Flower with Pepper Salt, and Yest, let your water be more then warm, then make them up like Manchets, but let them be somewhat little, then put them into your water when it boileth, and let them boill an hour, then butter them.

To

To make Puffe-past

Take a quart of flower and a pound and a half of Butter, and work the half pound of Butter dry into the flower, then put three or four Eggs to it, and as much cold water as will make it lithe paste, then work it in a piece of a foot long, then strew a little flower on the table, and take it by the end, beat it untill in stretch long, then put the two ends together, and beat it again, and so do five or six times, then work it up round, and roul it out broad, then beat your pound of butter with a rouling pin, that it may be lithe, then take little bits of your butter, and stick it all over the paste, then fold up your paste close, and coast it down with your rouling pin, and roul it out again, and so do five or six times, then use it as you will.

To bake a Gammon of Bacon.

You must first boil it two hours before you stusse it, stusse it with sweet

94 *A True Gentlewoman*

sweet hearbs, and hard Eggsch then
together with Parsley, toget

*To bake fillets of Beef, or clods, season
stead of red Deer. stick*

First take your Beef, and lard him
very thick, then season it with Pe to
per Salt, Ginger, Cloves and Ma for
good store, with a great deal more or
Pepper and salt than you would do
to a peice of Venison, then close it
and when it is baked, put in some
Vinegar, Sugar, Cinnamon, and
Ginger, and shake it well, then stop
the vent hole, and let it stand three
weeks before you spend it.

How to bake Calves feet.

Season them with Pepper, salt, and
Currans, when they be baked, take
the yolks of three or four Eggs, and
beat them with Verjuyce, or Vine-
gar, sugar, and grated Nutmeg, put
it into your Pie, scrape on sugar, and
serve it.

How to bake a Turkey.

Take out his bones and guts,
then

at lewome
rd Eggschen wash him, then prick his back
together again, then perboil him,
season him with Pepper and Salt,
stick some Cloves in the brest of
him, then lard him, and put him in-
to your coffin, with butter, in this
sort you may bake a Goose, Pheasant
or Capon.

To bake a Hare.

Take out his bones, and beat
the flesh in a morter with the Liver,
then season it with all sorts of spices,
then work it up with three or four
yolks of Eggs, then lay some of it
all over the bottome of the pie, then
lay on some Lard, and so do untill
you have laid on all, then bake it
well with good store of sweet But-
ter.

*To bake Quinces or Wardens, so
as the fruit look red, and the crust
white.*

Your Wardens must be stewed
in a Pipkin with Claret Wine, Su-
gar, Cinnamon, and Cloves, then
cover your Pikin with a sheet
of

of paste and let it stand in the oven
 five or six hours, then raise a Cinnamon
 fin of short paste, put in your Water
 dens with Sugar, and put it into the
 Oven, when it hath stood an hour
 take it out and wash it with Rose
 water and butter, then scrape on
 sugar, and put it in a quarter of an
 hour more, and it will be red upon
 the top, then scrape on sugar and
 serve it.

To bake Chucks of Veal.

Perboil two pound of the lean
 flesh of a leg of Veal, mince it as
 small as grated bread, with four
 pound of Beef Suet, then season
 it with Biskay Dates, and Carra-
 ways, and some Rose water, Su-
 gar, Raisins of the Sunne and
 Currans, Cloves, Mace, Nutmeg,
 and Cinamon, then mingle them
 all together, fill your pies and bake
 them.

To bake a Chicken Pie.

Season your Chicken with Nut-
 meg,

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in the oven
raise a C
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it into the
and an hour
With R
scrape on
rter of a
red upon
ugar and

Nutmeg, Salt, Pepper, and Sugar, then
put him into your coffin, then take
some Marrow and season with the
same Spice, then roul it in yolks of
Eggs, and lay it on your Chicken,
with minced Dates, and good store
of butter, then bake it, and put in a
little Sack, or Muscadine, or white
wine and sugar, then shake it, scrape
on sugar, and serve it.

How to bake a Steak Pie.

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season
Carra-
, Su-
e and
meg,
them
beat

Cut a neck of Mutton in steaks,
beat them with a cleaver, season
them with Pepper, and Salt, and
Nutmeg, then lay them on your
coffin with Butter and large Mace,
then bake it, then take a good quan-
tity of Parsly, and boil it, beat it as
soft as the pulp of an Apple. put in a
quarter of a pint of Vinegar, and as
much white Wine, with a little Su-
gar, warm it well, and pour it over
your steaks, then shake it, that the
gravy and the liquor may mingle
together, scrape on sugar, and serve
it.

98 *A True Gentlewoman*

To make an Italian Pudding.

Take Manchet, and cut it into square pieces like a Die, then put in it half a pound of Beef suet minced small, Raisins of the sun the stone and picked out, Cloves, Mace, minced Dates, sugar, Marrow, Rose-water, Eggs, and Cream, mingle all these together, and put it into a dish for your stuff, in lesse than an hour it will be baked, then scrape on sugar, and serve it.

How to make a Florentine.

Take the kidney of a Loin of Veal, or the wing of a Capon, or the leg of a Rabber, mince any of these small with the Kidney of a loin of Mutton, if it be not fat enough, then season it with Cloves, Mace, Nutmegs, and Sugar, Cream, Currans, Eggs, and Rose-water, mingle these four together, and put them into a dish between two sheets of paste, then close it, and cut the paste round by the brim,

Pudding. prim of the dish, then cut it round
and cut it about like Virginal keyes, then
turn up one, and let the other lie;
then pink it, cake it, scrape on sugar,
and serve it.

To roast a Breast of Veal.

Take Parsly, and Thyme, wash
them, and chop them small, then
take the yolks of five or six Eggs;
grated bread, and Cream, mingle
them together, with Cloves, Mace,
Nutmeg, Currans, and Sugar, then
raise up the skin of the Breast of
Veal, and put in your stuffe, prick
it up close with a skiver, then roast
it, and baste it with butter, when it
is roasted, wring on the juice of
Lemon, and serve it.

To roast a Hare.

Care your Hare, but cut not off
her eares, nor her leggs, then wash
her, and dry her with a cloth, then
make a pudding and put into her
belly, then sew it up close, then
trusse her as if she were running,
then split her, then take some Claret
Wine,

100 *A True Gentlewoman*

Wine and grated bread, sugar, and ginger, barberries, and butter, beat these together for your sauce.

To roast a Shoulder of Mutton.

Roast it with a quick fire, that the fat may drop away, and when you think it is half roasted, set a dish under it, and flesh it with a knife acrosse as you do Pork, but you must cut it down to the bone on both the sides, till the gravy run into the dish, baste it no more after you have cut it, put unto the gravy half a pint of white Wine Vinegar, a handful of Capers and Olives, five or six blades of Mace, and a handful of Sugar, and stew all these together and pour it on your meat.

To roast a Neats-tongue.

Boil him, and blanch him, cut out the meat at the butt end, and mingle it with Beef suet as much as an Egg, then season it with Nutmeg, and Sugar, Dates, Currans, and

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d butter,
sauce.

Mutton.

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Vinegar

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and yolks of raw Eggs, then put
your meat to your Tongue, and
bind it with a Caul of Veal or Mut-
ton, then roast it, baste it with but-
ter, save the gravy, and put thereto
a little Sack or Muscadine, let it
stew a litle while, then pour it on
your Tongue, and serve it.

*How to roast a Pig with a Pud-
ding in his belly.*

Fley a fat Pig, trusse his head
looking over his back, then temper
as much stufte as you think will fill
his belly, then put it into your Pig,
and prick it up close, when it is
almost roasted, wring on the juyce
of a Lemon, when you are ready to
take it up, take four or five yolks of
Eggs, and wash your Pig all over,
mingle your bread with a little
Nutmeg, and Ginger, then dry it,
and take it up as fast as you can, let
your sauce, be Vinegar, butter, and
sugar, the yolk of a hard Egg min-
ced, and serve it hot.

How

How to roast a Leg of Mutton.

Cut holes in a Leg of Mutton with a knife, then thrust in slices of Kidney suet, and stick it with Cloves, roast it with a quick fire when it is half roasted, cut off a piece underneath and cut it into thin slices, then take a pint of great Oysters with the liquor, three or four blades of Mace; a little Vinegar and Sugar, stew these till the liquor be half consumed, then dish up your Mutton, pour on the sauce and serve it.

How to roast a Neck of Mutton.

Cut away the swag, and roast it with a quick fire, but scorch it not, baste it with butter a quarter of an hour, after wring on the juyce of half a Lemon save the gravie, then baste it with butter again, wring on the other half of the Lemon, when it is roasted dry it with Mace and grated Nutmeg, then dish it, and pour on your sauce.

*To roast a Soulder or Haunch of
Venison, or a Chine of Mutton.*

Take any of the meats and lard
them, prick them with Rosemary,
baste them with butter, then take half
a pint of Claret Wine, Cinnamon,
Ginger, Sugar, grated bread, Rose-
mary, and butter, let all these boil
together until it be as thick as water-
gruel, then put in a little Rose-water
and Musk, it will make your Gallin-
tine taste very pleasantly put it on a
fitting dish, draw off your meat, and
lay it into that dish, shrew it with salt.

To roast a Shoulder or Fillet of Veal.

Take Parsly, winter Savory, and
Thyme, mince these small with hard
Eggs, season it with Nutmeg, Pep-
per, Currans, work these together
with raw yolks of Eggs, then stuffe
your meat with this, roast it with a
quick fire, baste it with Butter, when
it is roasted, take the gravy and put
thereto

104 *A True Gentlewoman*
thereto Vinegar, Sugar, and Butter
let it boil, when your meat is roas
ed pour this sauce on it, and ser
it.

To roast a Gigger of Mutton.

Take your Gigger with Cloves
and Rosemary, and lard it, roast
baste it with Butter, and save the
grave, put thereto some Claret
Wine, with a handful of Capers
season it with Ginger and Sugar
when it is boiled well, dish up your
Gigger, and pour on your sauce.

To fry a Chicken.

Boill your Chickens in water and
salt, then quarter them into a pan
with sweet Butter, and let them fry
leisurely, then put thereto a little
Verjuice, and Nutmeg, Cinnamon
and Ginger, the yolks of two
or three raw Eggs, stir these well to-
gether, and dish up your Chickens,
pour the sauce upon them.

How

Delight.

105

How to fry Calves feet.

Boil them, and blanch them, then cut them in two, then take good store of Parsly, put thereto some yolks of Eggs, season it with Nutmeg, Sugar, Pepper, and Salt, then roul your Calves-feet in them and fry them with sweet Butter, then boil some Parsly, and beat it very tender, put to it Vinegar, Butter, and Sugar, heat it hot, then dish up your feet upon sippets, pour on your sauce, scrape on some Sugar, and serve it hot.

How to fry tongues.

Boile them, and blanch them, cut them in thin slices, season them with Nutmeg, Sugar, Cinnamon, & Salt, then put thereto the yolks of raw Eggs, the coar of a Lemon cut in square pieces like a Die, then fry them in spoonfuls with sweet Butter, let your sauce be white Wine, Sugar, and Butter, heat it hot, and pour it on your Tongues, scrape on Sugar, and serve it.

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How

106 *A True Gentlewoman*

How to make Fritters.

Make your Batter with Ale, Eggs, and Yest, season it with Milk, Clove Mace, Cinnamon, Nutmeg, & Salt, cut your Apples like Beanes, then put your Apples and Butter together fry them in boiling Lard, strewed with Sugar and serve them.

To souce Brawn.

Take up you Brawn while it is hot out of your boiler, then cover it with Salt, when it hath stood an hour, turn the end that was under upward, then strew on Salt upon that, then boil your soucing drink, and put thereto a good deal of Salt, when it is cold put in your Brawn, with the Salt that is about it, & let it stand ten daies, then change your soucing drink, and as you change it put in Salt, when you spend it, if it be too salt, charge it in fresh drink.

To souce a Pig.

Cut off the head, and cut your Pig into

Into two fleiks, and take out the bones then take a handful of sweet Hearbs, and mince them small, then season your Pig and Hearbs with Nutmeg, Ginger, Cloves, Mace, and Salt, then strew your hearbs in the inside of your Pig, then roul them up like two Collers of Brawn, then bind them in a cloth fast, then put them a boiling in the boilingpot, put in some Vinegar and Salt, when they are boiled very tender, take them off let them stand in the same liquor two or three dayes, then put them into soucing drink, and serve it with Mustard and Sugar.

How to sauce Eccles.

Take two fair Eccles and fley them, cut them down the back, and take out the bones, and take good store of Parsly, Thyme, and sweet Majoram, mince them small, season them with Nutmeg, Ginger, Pepper, and Salt, strew your hearbs in the inside of your Eccles,

R &

then

108 *A True Gentlewoman*

then roul them up like a Coller of
Brawn, put them into a cloth, and
boil them tender with Salt and Vi-
negar, when they are boiled then raise
them up, let it be in the pickle two or
three dayes, and then spend them.

How to souce a Breast of Veal.

Take out the bones of a Breast of
Veal, & lay it in water ten or twelve
hours, then take all manner of sweet
herbs and mince them small, then
take a Lemon, & cut it in thin slices
then lay it with your Herbs in the
inside of your Breast of Veal, then
roul it up like a Coller, and bind it
in a cloth, and boil it very tender
then put it into saucing drink and
spend it.

To souce a Tench or Barbell:

First cut them down the back
then wash them, then put them
boyling in no more water then will
cover them, when they boyle
put in some Salt and Vinegar.

Sum

scum it very clean, when it is boiled enough take it up, and put it into a dish fit for the fish, then take out the bones, pour on as much liquor as will cover it, with grated Nutmeg, and powder of Cinnamon, when it is cold serve it.

To souce a Fillet of Veal.

Take a fair Fillet of Veal, and lard it very thick, but take out the bones, season it with Nutmeg, Ginger, Pepper, and Salt, then rout it up hard, let your liquor be the one half white Wine, the other half Water, when your liquor boileth put in your meat, with Salt, and Vinegar, and the peel of a Lemon, then scum it very clean, let it boil untill it be tender, then take it not up untill it be cold, and souce it in the same liquor.

To marble Beef, Mutton, or Venison.

Stick any of these with Rosemary and Cloves, then roast it, being first joynted very well, then baste

110 *A true Gentlewoman.*

It often with Water and Salt, and
when it is thoroughly roasted, take
it up and let it cool, then take
Claret wine, and Vinegar, and as
much Water, boil it with Rosemary,
Bayes good store of Pepper, Cloves,
Salt, when it hath boiled an hour,
take it off, and let it cool, then put
your meat into a Vessel, and cover it
with this liquor and Hearbs, then
stop it up close, the closer you stop
it, the longer it will keep.

To marble Fish.

Take Flounders, Trouts, Smelts,
or Salmonds, Mullers, Makrels, or
any kind of shell Fish, wash them
and dry them with a cloth, then fry
them with Sallade Oyle, or clarified
Butter, fry them very crispe, then
make your pickle with Claret
Wine and fair Water, some Rose-
mary, and Thyme, with Nutmegs
cut in slices, and Pepper, and Salt,
when it hath boiled half an hour
take it off, and let it cool, then put
your

lewoman.

and Salt, and your fish into a Vessel, cover it with
basted, take liquor and spice, and stop it close.

l, then take

ar, and a

Rosemary,

er, Cloves,

an hour,

then put

and cover it

arbs, then

r you stop

How to make a Tart of Wardens.

You must first bake your Wardens
in a pot, then cut them in quarters,
and core them, then put them into
your Tart, with sugar, Cinnamon,
and Ginger, then close up your Tart
and when it is almost baked, do it as
your Warden Ple, scrape on sugar,
and serve it.

Smelts,

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Claret

Rose-

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To make a Tart of green Pease.

Take green Pease and seeth them
tender, then pour them out into a
Cullender, season them with Saf-
fron, salt, and sweet Butter, and su-
gar, then close it, then bake it almost
an hour, then draw it forth and ice
it, put in a little Verjuice and shake
it well, then scrape on sugar and serve
it,

How to make a Tart of Rice.

Boil your Rice, and pour into a
cullender, then season it with cinna-
mon, Nutmeg, Ginger, and Pep-

per, and Sugar; the yolks of three with
four Eggs, then put it into your alie
Tart with the juyce of an Orange bak
then close it, bake it, & ice it, scra Sug
on Sugar, and serve it.

How to make a Tart of Medlers.

Take Medlers that are rotten, then
scrape them, then set them upon a tal
Chafingdish of coals, season them w
with the yolks of Eggs, Sugar, Cin- C
namon, and Ginger, let it boil well, y
and lay it on paste, scrape on Sugar, S
and serve it.

How to make a Tart of Cherries.

Take out the stones, and lay the
Cherries into your Tart, with Su-
gar, Ginger, and Cinnamon, then
close your Tart, bake it, and ice it,
then make a sirrup of Muscadine,
and Damask water, and pour this
into your Tart, scrape on Sugar,
and serve it.

How to make a Tart of Strawberries.

Wash your Strawberries, and put
them into your Tart, season them
with

Delight.

113

with Sugar, Cinnamon, Ginger, and
a little red Wine, then close it, and
bake it half an hour, ice it, scrape on
Sugar, and serve it.

To make a Tart of Hips.

Medlers.

Take Hips, and cut them, and
take out the seeds very clean, then
wash them, season them with Sugar,
Cinnamon, and Ginger, then close
your Tart, bake it, ice it, scrape on
Sugar, and serve it,

How to make a Pippin tart.

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Sugar,

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them

with

Take fair Pippins and pare them,
then cut them in quarters and core
them, then stew them with Claret
Wine, Cinnamon, and Ginger, let
them stew half an hour, then pour
them out into a cullender, but break
them not, when they are cold, lay
them one by one into the Tart, then
lay on Sugar, bake it, ice it, scrape on
sugar, and serve it.

R 5

How

114 *A True Gentlewoman*

*How to scald Milk after the Western
fashion.*

When you bring your Milk from
the Cow, strain it into an earthen
pan, and let it stand two hours, then
set it over the fire until it begin to
heave in the middle, then take it off,
but jog it as little as you can, then
put it into a room where it may cool
and no dust fall into it, this Milk or
Cream you may keep two or three
daies.

To make a Funket.

Take Ewes or Goats Milk, if you
have neither of these, then take Cows
Milk, & put it over the fire to warm,
then put in a little Runnet to it, then
pour it out into a dish and let it cool,
then strew on Cinnamon, & Sugar,
then take some of your aforesaid
Cream & lay on it, scrape on Sugar,
and serve it.

To make Bony Cluster.

Take Milk, and put it into an
earthen pot, and put thereto Run-
net,

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the Western

Milk from
an earthen
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net, let it stand two dales, it will be
all in a curd, then season it with some
sugar, Cinnamon, and Cream, then
serve it, this is best in the hottest of
the summer.

To make a Whitepot.

Take a quart of Cream, and put
it over the fire to boil, season it with
sugar, Nutmeg, and Cinnamon,
Sack, and Rose-water, the yolks of
seven or eight Eggs, beat your Egg,
with Sack and Rose-water, then put
it into your Cream, stir it that it
curdle not, then pare two or three
Pippens; coar and quarter them, and
boil them with a handful of Raisins
of the Sun, boil them tender, and
pour them into a cullender, then
cut some sippets very thin, and lay
some of them in the bottome of the
dish, and lay on half your Apples,
& Currans then pour in half your
Milk, then lay on more sippets and
the rest of your Apples, and Raisins,
then pour on the rest of your Milk,
bake it, scrape on sugar, and serve it

(How)

How to make a Pudding in haste.

Take a pint of Milk, and put thereto a handful of Raisins of the Sun, and as many Currans, and a piece of Butter, then grate a Manchet and a Nutmeg also, and put thereto a little Flower, when your milk boileth put in your bread, let it boill a quarter of an hour, and put in a piece of Butter in the bolling of it, and stir it alwayes, then dish it up pour on butter, and serve it.

To make a Pudding in a dish.

Take a quart of Cream, put thereto a pound of Beef suet minced small, put it to your Milk, season it with Nutmeg, Sugar, and Rose-water, and Cinnamon, then take some seven or eight Eggs, and beat them very well, then take a cast of Manchets, and grate them, and put unto it, then mingle these together well, then put it into a dish

dish, and bake it, when it is baked
scrape on Sugar, and serve it.

To boil Cream.

Take a quart of Cream, and set
it a boiling with Mace, whilst your
Cream is boiling, cut some thin sip-
pers, then take seven or eight yolkes
of Eggs, beat them with Rose-water
and sugar, and a little of your Cream
when your Cream boileth, take it off
the fire, and put in your Eggs, and
stir it very fast that it curdle not, then
put your sippers into the dish, pour
in your Cream, and let it cool, when
it is cold, scrape on sugar & serve it.

To draw Butter.

Take your Butter, and cut it in-
to thin slices, put it into a dish, then
put it upon the coales where it may
melt leisurly, stir it often, and when
it is melted, put in two or three
spoonfuls of Water, or Vinegar,
which you will, then stir and beat it
until it be thick.

Lady

118 *A true Gentlewomans*

Lady of Arundels Mancher.

Take a bushell of fine wheat flower, twenty Eggs, three pound of fresh butter, then take as much Salt and Barm as to the ordinary Mancher, temper it together with new milk pretty hot, then let it lie the space of half an hour to rise, so you may work it up into bread, and bake it, let not your Oven be too hot.

To boil Pigeons.

Boil them in water and salt, take a handful of Parsly, as much Thyme stript, two spoonfuls of Capers minced altogether, and boil it in a pint of the said liquor a quarter of an hour, then put in two or three spoonfuls of Verjuyce, two Eggs beaten, let it boil a little, and put to a little Butter, when you have taken it off the fire, stir this altogether, and pour it upon the Pigeons, with sippers round the dish.

A Florentine

Delight.

119

A Florentine of sweet bread or Kidneys.

Parboll three or four Kidnies, and mince them small, season them with Nutmeg, one stick of Cinnamon, beat as much Sugar, as will sweeten it, and a penny loaf grated, and the marrow of three bones in good pieces, and a quarter of a pound of Almond paste, a glasse of Maligo Sack, two Spoonfuls of Rose-water, a grain of Musk, and one grain of Ambergriece, and a quarter of a pint of Cream, three or four Eggs, and mix it altogether, and make it up in puffle paste, and bake it three quarters of an hour.

A Pork Pie.

Boll your leg of Pork, season it with Nutmeg, and Pepper, and Salt, bake it five hours in a high round Pie

A Chicken Pie.

Scald and season your Chickens with Nutmegs, as much Sugar as Cin-

Cinnamon, Pepper and Salt, then put them in your Pie, then put three quarters of quartered Lettice, and six Dates quartered, and a handfull of Goosberries, and half a sliced Lemon, and three or four branches of Barberries, and a little Butter, you may use to four Chickens three marrow bones rould in yolks of Eggs, and Ringo roots, and some preserved Lettice, make a Caudle, and put in when the pie comes out of the oven, an hour and a half is enough to stand in the oven.

A Lamb Pie.

Take the same ingredients you did for the Chicken Pie, onely leave out the Marrow, the Ringo roots, and the preserved Lettice, make your Caudle of white Wine, Verjuyce and Butter, put it in when the Pie comes out of the oven.

Sauce for a Shoulder of Mutton.

Take a spoonfull of Hearbs, and as many Capers, half a pint of white Wine, half a Nutmeg, and two Eggs.

when

when it is boiled put a piece of Butter to the gravy, when tis boiled, take it off, and put the Butter in.

A Lumbr Pie.

Take three or four sweet-breads, of Veal, parboil and mince them, very small, then take the Curd of a quart of Milk, turned with three Eggs, half a pound of Almonds paste, and a penny loaf grated, mingle these together, then take a spoonfull of sweet Herbs minced, very small, also six ounces of Oringado and mince it, then season all this with a quarter of Sugar, and three Nutmegs, then take five Dates, and a quarter of a pint of Cream, four yolkes of Eggs, three spoonfulls of Rose-water, three or four Marrow-bones, mingle all these together, except the Marrow, then make it up in long Boles, about the bignesse of an Egg, and in every hole put a good piece of Marrow, put these into the Pie, then put a quarter of a pound of butter and half a sliced Lemon, then
make

122 *A True Gentlewoman*

make a caudle of white wine, Sugar, the me
and verjuice, put it in when you take with h
your pie out of the Oven, you may and n
use a grain of Musk & Ambergrice megs

An Oyster Pie.

Season your Oysters with Nut Mar
megs, Pepper, & Salt, & sweet hearbs, fix b
your Oysters being first thrown into allce
scalding water and parboiled, season qua
them, and put them into the Pie, put hal
two or three blades of Mace, and half let
a sliced Lemon, and the Marrow of wh
two bones rouled in the yolks of Eggs in
and some Butter, then let your pie Su
stand almost an hour in the Oven,
then make a caudle of Verjuice But-
ter and sugar, put it into your pie,
when you take it out of the Oven,
you may use two Nutmegs to one
quart of Oysters, and as much Pep-
per as the quantity of three Nutmegs
but lesse salt, and one spoonfull of
sweet hearbs.

A Hartchoke Pie.

Take the bottoms of boiled Har-
techokes, and quarter them, and take
the

the meat from the leaves, season it
with half an ounce of Cinnamon,
and half an ounce of beaten Nut-
megs, and two ounces of Sugar, and
put them into your pie, and boiled
Marrow rould in yolks of Eggs, and
six blades of large Mace, Lemon
sliced, six quartered Dates ; and a
quarter of a pound of Ringo-roots,
half a pound of fresh Butter, then
let it stand in the Oven one hour, &
when you take it out put a candle
into your pie, made of white wine,
Sugar, and Verjuice.

A Calves-foot Pic.

Mince your Calves-foot very
small; then season them with two
Nutmegs. and three quarters of an
ounce of Cinnamon, one quarter of
a pound of Sugar, half a pound of
Currans, two Lemon pills minced,
ten Dates minced, three spoonfuls of
Rose-water, and half a pound of
fresh Butter, bake it an hour, and
put

124 *A true Gentlewomans*

put a caudle into it, made of white
Wine, Sugar, and Verjuyce.

A Skerrit Pie.

Take a quarter of a peck of Skerrets blanched, and sliced, season them with three Nutmegs, and an ounce of Cinnamon, and three ounces of Sugar, and ten quartered Dates, and the Marrow of three bones rouled in yolks of Eggs, and one quarter of a pound of Ringo-roots, and preserved Lettice, sliced Lemon, four blades of Mace, three or four branches of preserved Barberries, and half a pound of Butter; then let it stand one hour in the Oven, then put a caudle made of white wine, verjuyce, butter, and sugar, put it into the pie when it comes out of the Oven.

A Calves head Pie for Supper.

Boil your Calves-head almost enough, cut it in thin slices all from the

the bone, season it with three beaten Nutmegs, a quarter of an ounce of Pepper, and as much Salt as there is seasoning, then take a spoonful of sweet Hearbs minced small, and two spoontuls of Sugar, and two or three Hartechoak bottomes boiled, and cut them in thin slices and the Marrow of two bones rould in yolks of Eggs, a quarter of a pound of Ringo roots. and a quarter of a pound of Currans, then put it into your pie, and put a quarter of a pound of butter, and a sliced Lemon, three or four blades of Mace, three or four quartered Dates, let it stand an hour & more in the oven, then when you take it out, put into it a caudle, made of Sugar, white Wine, Verjuice & Butter.

A Lark Pie

Take three dozen of Larks, season them with Nutmegs, and half an ounce of Pepper, a quarter of an ounce of Mace beaten, then take the Lum-

126 *A True Gentlewoman*

Lumber ple meat, and fill the bellies, If you will, if not, take half pound of Suet, and one pound Mutton minced, half a pound Raisins, of the Sun, and six Apples minced altogether very small, then season it with a Nutmeg, Pepper and Salt, and one spoonful of sweet Hearbs, and a Lemon peel minced one penny loaf grated, a quarter of a pint of Cream, two or three spoonfuls of Rose-water, three spoonfuls of Sugar, one or two spoonfuls of Verjuice, then make this in a boiler and put it in three bellies, and put your Larks in your ple, then put your Marrow round in yolks of Eggs upon the Larks, and large Macé, and sliced Lemon, and fresh Butter, let it stand in the oven an hour, when you take it out, make your caudle of Butter Sugar, and white wine Vinegar, put it into the Ple,

A hot Neats Tongue for Supper.

Boil your tongue till it be tender, blanch it, and cut it in thin pieces, season it with a Nutmeg, and a quarter of an ounce of Pepper, & as much Salt as seasoning, then take six ounces of Currans, season all together, and put it into the Pie, then put a Lemon sliced, and Dates, and Butter, then bake it, and let it stand an hour and a half, then make a Caudle of white Wine, and Verjuice, Sugar, and Eggs, and put it in when you take it out of the Oven.

A cold Neats-tongue Pie.

Your tongue being boiled, blanched, and larded with Pork or Bacon, season it with the same ingredients the Deer hath, that is, three Nutmegs, three races of Ginger, half an ounce of Cloves and Mace together; and halfe an ounce of Pepper, beat your spice altogether, more salt then seasoning, and likewise lay in

128 *A True Gentlewoman*

in the liquor, bake it two hours, but put one pound of butter in your pie before you lid it.

A Potato Pie for Supper.

Take three pound of boiled and blanch'd Potatoes, and three Nutmegs, and half an ounce of Cinnamon beaten together, and three ounces of Sugar, season your Potatoes, and put them in your Pie, then take the marrow of three bones rouled in yolks of Eggs, & sliced Lemon, and Large Mace, and half a pound of butter, six Dates quartered, put this into your pie, and let it stand an hour in the Oven, then make a sharp candle of Butter, Sugar, Verjuice and white Wine, put it in when you take your pie out of the oven.

Pigeon or Rabbit Pie.

Take one ounce of Pepper and more Salt, then season your Pigeons, or Rabbit, and take two Nutmegs grated with your seasoning, then lay your Rabbit in the pie, and one pound

pound of butter, if you heat the pie
 hot, then put in two or three slices of
 Lemon, and two or three blades of
 Mace, and as many branches of Bar-
 berrles, and a good piece of fresh but-
 ter melted, then take it & let it stand
 an hour and half, but put not in the
 fresh butter till it comes out of the
 Oven.

To make puffle paste.

Break two Eggs in three pints of
 flower, make it with cold water,
 then roul it out pretty thick and
 square, then take so much butter as
 paste, and lay it in rank, and divide
 your butter in five pieces, that you
 may lay it on at five several times,
 roul your paste very broad, and
 take one part of the same butter in
 little pieces all over your paste, then
 throw a handful of flower slightly
 on, then fold up your paste and beat
 it with a rouling pin, so roul it out
 again, thus do five times and make it

A Pudding.

The a quart of Cream, and
Eggs, beat them, and strain the
into the Cream, and grate in
Nutmeg and half, take six spoon-
fuls of flower, beat half a pound
Almonds with some Cream, and
it into the cream, and mix this to-
ther, boil your Pudding an hour
and no more, first flower the
you put it in, then melt fresh butter
and take Sugar and Rose water
beat it thick, and pour it on the pud-
ding, you may put to a little Milk
and stick blanchd Almonds an
Waters in it; add to the same pud-
ding, if you will, a penny loaf gra-
ted, a quartern of Sugar, two Mar-
row bones, one glass of Malleg
Sack, six Dates minced, a grain of
Ambergreece, a grain of Musk, two
or three spoonfuls of Rose water
bake the pudding in little wood
dishes, but first butter them, your
Marrow must be stuck to and again
then bake it half an hour, five or
seven

Delight.

131

Seven at a time, and so set them in
order in the dish, and garnish them
with a sprig in the middle, and wa-
shers about it, strew Sugar about the
branch, and sliced Lemon, set four
round, and one in the top.

Frigasie of Veal.

Cut your meat in thin slices,
beat it well with a rouling pin, sea-
son it with Nutmeg, Lemon and
Thyme, fry it slightly in a pan, beat
two Eggs, and one spoonful of Ver-
juyce, and put it into the pan, and
stir it together, and dish it.

Frigasie of Lamb.

Cut your Lamb in thin slices,
season it with Nutmeg, Pepper, and
Salt, mince some Thyme, and Le-
mon, and throw it upon your meat,
then fry it slightly in a pan, then
throw in two Eggs beaten in Ver-
juyce and Sugar into the pan, also a
handfull of Goosberries, shake it to-
gether and dish it.

Frigasie of Chickens.

Kill your Chickens, pull skin
and

132 *A True Gentlewomans*

and feathers off together, cut them in thin slices, season them with thyme and Lemons minced, Nutmeg and Salt, a handfull of Sorrel minced, then fry it well with six spoonfuls of Verjuice, one spoonful of Sugar, beat it together, so dish it with sippets about.

Another Frigastie of Chicken.

Take the former ingredients, and adde to it boild Hartchoak bottoms with the meat of the leaves, and a handfull of scalded Gosberries, and boild-Skerrets and Lettice toss'd in butter when they are boild, and two spoonfuls of Sugar, two Eggs and Verjuice beaten together, and lay your Lettice upon your Chickens as before, and sliced Lemon upon it, and sippets upon the Dish.

A Frigastie of Rabbits.

Cut your Rabbits in small pieces, and mince a handfull of Thyme and

and Parsly together, and a Nutmeg, Pepper & Salt, season your Rabbers then take two Eggs, and Verjuice beaten together, and throw it in the pan, stick it, and dish it up in sippets.

To barsh a Shoulder of Mutton.

Half roast your Mutton at a quick fire, cut it in thin slices, stew it with Gravy, sweet Majoram, & Capers, and Onions, three Anchovies, two Oysters, half a Nutmeg, half a sliced Lemon, stir this all together with the meat, let it stew till it be tender in a dish, then break 3 or 4 yolks of Eggs, and throw it in the dish with some butter, toss it well together, and dish it with sippets.

To make a Cake.

Take half a peck of flower, two pound and a half of Currans, three or four Nutmegs, one pound of Almonds paste, two pound of Butter, and one pint of Cream, three spoonfuls of Rose water, three quarters of a pound of Sugar, half a

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134 *A True Gentlewoman*
pint of Sack, a quarter of a pint
Yeast, and six Eggs, so make it, and
bake it.

*To make a Leg of Mutton three
four dishes.*

Take a Leg of Mutton, cut off
the flesh and the bone, but save the
skin whole, divide the meat in three
pieces, and take the tenderest, and
cut it in thin slices, and beat it with
a rouling pin, season it with Nut-
meg, Pepper and Salt, and minced
Thyme and Lemon pill, fry it till
be tender, then beat two Eggs with
a spoonful of Verjuyce, throw two
Anchovies into the pan, shake it all
together, and put it into the dish
with sippets round the dish, be-
drest with Barberries scalded, parboiled
and hard Eggs minced.

Another part of the same meat
stew in a dish, with a little white
Wine, a little butter, and sliced Le-
mon, one Anchovy, two Oysters
two blades of Mace, a little Thyme
in a branch, and one whole Onion

take out the Thyme and the Onion when it is stewed, do it altogether on a chafingdish of coals till it be tender, then dish it, garnish your dish with hard Eggs, and Barberies, and sliced Lemon, and lippets round the dish.

Take another part of the Same meat, mince it small with Beef suet and a handful of Sage, to three quarters of of a pound of suet adde one pound of meat, you may use a spoonful of Pepper and Salt, mix this altogether and stufte the skin of the Leg of Mutton hard, skinner it close, and spit it at a quick fire, and well roast it in an hour.

Take another part of the same meat, then put In the pepper and Salt, with a grated Nutmeg, some sweet Hearbs, and a Lemon peel minced, a penny loaf grated, one spoonful of Sugar, a quarter of a pound of Raisins, and a quartern of Currans, minced altogether with the meat and the Suet, and the rest of

136 *A true Gentlewoman*

of the Ingredients put to two Spoonfuls of Rose water, and as much Salt as Spice, then make it up in little long boles or rouls, and butter your dish, and lay them in with a round bole in the middle, set them in an oven half an hour, then pour the liquor which will be in the dish, and melt a little butter, Verjuice and Sugar, and pour upon it, garnish your dish, stick in every long roul a flower of paste, and a branch in the middle

To souce an Eele.

Souce your Eele with a handful of Salt, split it down the back, take out the chine bone, season the Eele with Nutmeg, Pepper and Salt, and sweet Hearbs minced, then lay a packthread at each end, and the middle roul up like a Coller of Brawn, then boil it in water, and Salt, and Vinegar, and a blade of two of Mace, and half a sliced Lemon boil it half an hour, keep it in

the same liquor two or three dayes,
then cut it out in round pieces, and
lay six or seven in a dish, with Parsly
and Barberries, and serve it with Vi-
negar in saucers.

To souce a Calves-Head.

Boil your Calves Head in water
and Salt so much as will cover it,
then put in half a pint of Vinegar,
a branch of sweet hearbs, a sliced
Lemon, and half a pint of white
Wine, two or three blade of Mace,
and one ounce or two of Ginger
sliced, boil it altogether till it be
tender, keep it in the liquor two or
three dayes, serve it, the dish upright
and stick a branch in the mouth
and in both the eyes, garnish the dish
with Jelly of pickled Cucumbers,
with saucers of Vinegar, and Jelly,
and Lemon minced.

A stewed Rabbet.

Cut your Rabbet in pieces, and
season it with Pepper, and Salt,
Thyme, Parsly, winter Savoury, and
sweet Majorans, three Apples, and
three

138 *A True Gentlewoman*

three Onions minded altogether
stew it till it be tender with Vinegar
and water, put a good piece of butter
in, stir it together In your dish
put sippers in the bottom, then serve
it up with the head in the middle of
the dish with sippers in the mouth.

Lay your Pig in the same ingredients
you did for your Calves head
use the same for a Capon, and the
same for a Leg of Mutton.

To boil Chickens.

Boil your Chickens in water and
Salt, and wine Vinegar, a blade of
Mace, a good handfull of Endive
and as much Succory, two handfulls
of skerrits boiled and blanched, when
the Chickens and these things are
stewed, take a pint of Liquor up, and
put to a quart of white wine, and
one ounce and a half of Sugar, and
three Eggs to v^e when it, a piece of
butter, and lay them in the dish, and
pour it on.

To boil a Rabbet.

Boil them in water and Salt, mince Thyme and Parsly together, a handful of each, boil it in some of the same liquor, then take three or four spoonfuls of Verjuyce, a piece of Irish butter, two or three Eggs stir the Eggs together in the liquor, set it upon the fire till it be thick, then pour it upon the Rabbet, so serve it in

To boil a Duck.

Half roast your Duck with a quick fire, take as much Wine and Water as will cover him, take some Thyme and Parsly, and one handful of sweet Majoram, two blades of Mace, half a Lemon sliced, stew these together half an hour without Onions, take some of your liquor and thicken it with three or four Eggs, two or three spoonfuls of Verjuyce, a piece of Butter, and as much Sugar as will lie upon it, dish your Duck, and boil three or four slices of Lemon by it self, and hard Eggs

For a Gentlewoman

Roasted, put this upon you
then pour your liquor upon
Barberries, so you may be
with the same ingredients
or Teal.

Roasted Shoulder of Mutton.

When it is roasted, slash it, and
take two spoonfuls of
Capers and a little Thyme, and Lemon
minced, half a Nutmeg, two
Anchovies, a quarter of a peck
Oysters, mixed altogether, boil the
broth in strong broth and white
Wine, then pour it upon the meat
with hard Eggs minced, and sippe
round the dish, throw first Salt
the meat, then the hard Eggs, and
sliced Lemon and Barberries.

FINIS.

A True Gentlewoman
Eggs minced, put this upon your
dish, then pour your liquor upon
it with Barberries, so you may boyle
Pigeons with the same ingredients
or Plover, or Teal.

A Roasted Soulder of Mutton.
When it is roasted, slash it, and
seasonado it, take two spoonfulls of
Capers, and a little Thyme, and Lemon
minced, half a Nutmeg, two
Anchovies, a quarter of a pecke
Oysters, mixed altogether, boile them
one hour in strong broth and white
Wine, then pour it upon the meat
with hard Eggs minced, and sippes
round the dish, throw first Salt
on the meat, then the hard Eggs, and
sliced Lemon and Barberries.

FINIS.

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